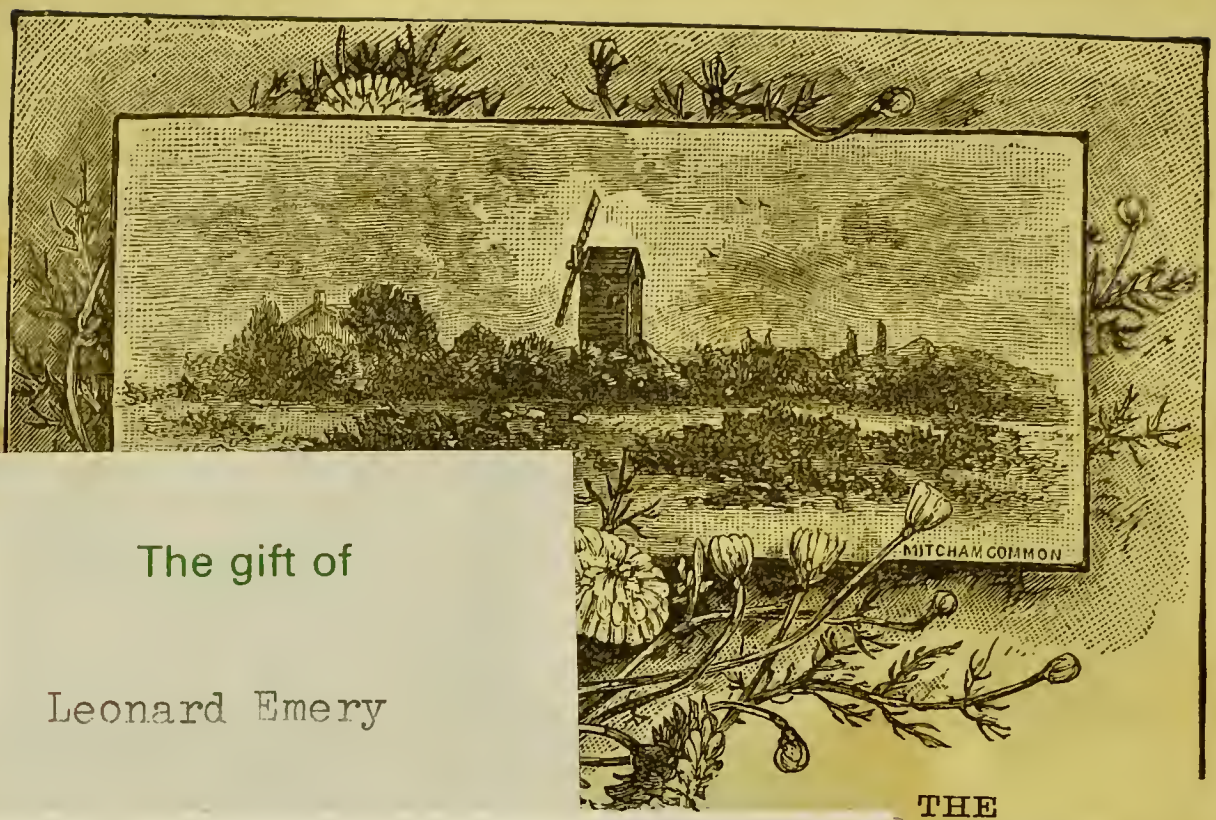
CASSELL'S SHILLING COOKERY



The gift of

Leonard Emery

LEEDS UNIVERSITY LIBRARY

Classmark:

COOKERY

A PAY

3 0106 01105 8558

Classmark

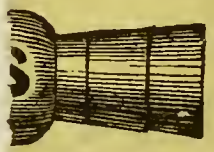
Cookery
K-3
1892

THE

REMEDY

FOR

ESTION.



Mark.

PILLS

as a simple but
ION, which is the
s to which we are
uniformly grateful
justice called the
Human Stomach."
as a powerful tonic
in their operation,
d thousands of per-
the benefits to be
have been a never-
ds of 50 years.

ttles at 1s. 1½d., 2s. 9d., and 11s. each,
very Town in the Kingdom.

TION.

ON'S PILLS," and do not be
chase an imitation. [5

CASSELL'S

SHILLING COOKERY.

EDITED BY

A. G. PAYNE,

AUTHOR OF "CHOICE DISHES."



NINETY-FIFTH THOUSAND.

CASSELL & COMPANY, LIMITED:

LONDON, PARIS & MELBOURNE.

1892.

[ALL RIGHTS RESERVED.]

WHY WASTE FOOD?

When by using

FRIGILINE,

The Harmless, Tasteless, and Unfailing

FOOD PRESERVATIVE,

All loss may be avoided.

FRIGILINE *preserves, with the greatest success,*

BUTTER, MILK, CREAM,

Eggs, Fish, Poultry, Rabbits, Meat, Sausages,

BACON,

Soups, Beer, &c., Fresh and Sweet in the Hottest Weather, for a long period.

SAMPLES FREE ON APPLICATION.

Retailers wanted in every town.

Sold in **1s. 6d.** and **2s. 6d.** packets; and in **7**-lb., **14**-lb., and **28**-lb. boxes, at **1s. 9d.** per lb.

SPECIAL PRICES TO LARGE BUYERS AND RETAILERS.

Sole Manufacturers—

THE FOOD ANTISEPTIC CO.,

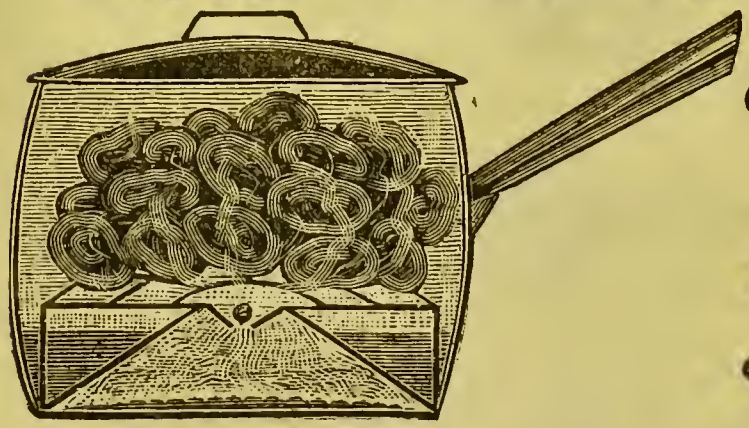
1, NICOLLS BUILDINGS, PLAYHOUSE YARD, GOLDEN LANE, LONDON, E.C. [3

Ask your Ironmonger for

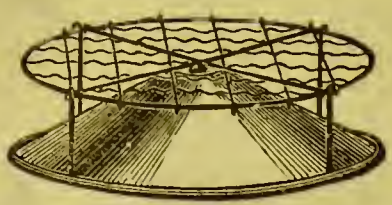
THE

"RAPID" COOKERY STEAMER

PATENT.



ONE SHILLING each, of all Ironmongers.



IT COOKS POTATOES—Like Balls of Flour.
IT COOKS FISH—Perfectly.
IT COOKS POULTRY—White and Tender.
IT COOKS PUDDINGS—Light as a Feather.

If you have any difficulty in obtaining it, write to the sole wholesale Agents,

BENHAM & FROUD, Limited,

40, 41, 42, CHANDOS STREET, LONDON, W.C. [11

To face Preface.]

96358

PREFACE.

The age in which we live is essentially one of progress, and in no branch of the fine arts is progress more marked than in the art of cookery. Among all classes of society—the higher, the middle, and the lower—the same change may be noticed; one and all are more luxurious. Let us hope, such being the case, that all alike will each day, in preparing the daily food, not forget that still lower class which, while the world lasts, shall never cease out of the land.

The secret of good cooking is *economy*, in the highest sense of the word. The good cook will extract all the goodness and utilise all the materials at his or her disposal, whereas the inferior and bad cook will, through ignorance, commit the crime of waste. We must remember that when we waste food, we in one sense rob the poor. Daily around us the cry goes up to heaven from thousands, even in this rich and prosperous Empire, "Give us this day our daily bread." Let, therefore, the cook's first object be that through no act of carelessness, indolence, or indifference on her part, should there be one meal less which might otherwise feed a starving fellow-creature.

The present work has been written on the basis of the maxim that economy and simplicity are not incompatible with excellence and elegance. We have also, in compiling it, borne in mind that there is an increasingly large class of persons who, without being vegetarians, consume a greater amount of vegetable and farinaceous food than was customary years back. These persons will find that the present book contains an unusually large number of

recipes under "Vegetables" and "Puddings"; indeed, under this latter heading we believe we may claim to present the public with the greatest number of recipes ever given in any cookery book yet published.

A very cursory perusal will show that the book is divided into two parts, viz., Recipes and General Directions; and we would strongly advise those who wish to study cooking as an art, and who are willing to approach the study with a view to learn rather than to criticise, to carefully master the latter before they attempt to use the former. To quote a well-known writer, we would say the Recipes are to be "tasted," the General Directions are to be "chewed and digested."

In presenting the public with the largest and most comprehensive work on the subject of Cookery ever yet published for a Shilling, we trust they may find, in carrying out the directions herein given, that they will be simply following the example they set themselves when they bought the work, and continue daily to get for their money more than they ever got before.

CONTENTS.

CHAP.		PAGE
I.	Stock	1
II.	Soups	7
III.	Sauces	22
IV.	Lessons in Plain Cooking	36
V.	Fish	45
VI.	Joints of Beef	78
VII.	Joints of Mutton	87
VIII.	Joints of Veal	95
IX.	Pork and Lamb	105
X.	Poultry, Rabbits, and Small Birds	115
XI.	Game	129
XII.	Hashes, Stews, Mince, Ragout, etc.	139
XIII.	Meat Pies and Puddings	150
XIV.	Forcemeat or Stuffing, Sausage-Meat, Rissoles, Cutlets, Sweetbreads, Entrées, etc.	166
XV.	Eggs, Omelets, Rice, and Macaroni	182
XVI.	Breakfast, Luncheon, Supper, and Occasional Dishes	192
XVII.	Vegetables	204
XVIII.	Fruit Pies, Tarts, Cheesecakes, Fritters, etc.	216
XIX.	Jams, Jellies, Stewed Fruit, Ices, Creams, etc.	222
XX.	Puddings	239
XXI.	Bread, Cakes, Cups, etc.	313
XXII.	Ornamentation and Appearance	321
XXIII.	Invalid Cookery	325
XXIV.	Home-made Wines	335
	Index	353



THE "SAFE-BOILING" STOVE MAT.

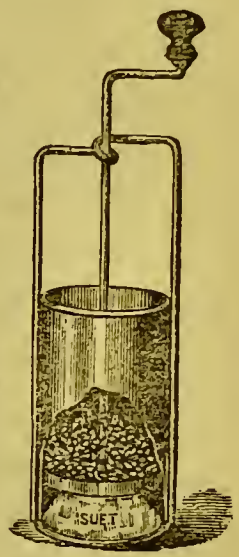
(Patent applied for.)

MILK, OATMEAL, CUSTARDS, &c.,
COOKED ON THIS MAT
WILL NOT BOIL OVER, WILL NOT BURN,

A REAL BOON IN EVERY HOUSEHOLD.

Price 9d. each.

THE "DOMESTIC" SUET CUTTER.



(PATENT.)

VERY SIMPLE, CLEANLY, and EFFECTIVE.

Cuts the Suet very rapidly, and in small flakes of a uniform thickness.

Price 1s. each.

THESE CAN BE HAD OF ALL IRONMONGERS.

If cannot obtain, write to
BENHAM & FROUD, Ld., Chandos St., LONDON, W.C.

Where Flavouring Essences are mentioned in any recipes of this book, "Langdale's Purified" should be used.

Essence of Vanilla
„ Lemon
„ Almonds
„ Allspice
„ Ratafia
„ Marasquino
„ Raspberry
„ Strawberry
„ Cloves
„ Ginger
„ Peach Kernels
„ Mace
„ Cinnamon
„ Carraway
„ Noyeau
„ Nutmegs
„ Orange
„ Celery
Extract of Cochineal.

They can be ordered of any Grocer, or in quantities of 1 *Dozen, assorted, will be sent direct by Parcel Post.*

LANGDALE'S PASTRY BOOK, full of Recipes, post free.

"Langdale's Lovely Lemon and Purified Essence of Almonds are 'Household Words' over the wide world."—*Vide* CHARLES DICKENS.

E. F. LANGDALE'S "PRIZE MEDAL" DISTILLED FLAVOURING ESSENCES.

PURE FRUIT SYRUPS, FOR PIES, PUDDINGS, &c.

Specially awarded Medals at Great Exhibitions, London, 1851 and 1862, for Purity and Excellence. Gold Medal, Highest Award at Food and Cookery Exhibition. The only kind used by all Chefs and Connoisseurs, and in Royal School of Cookery. Handy Recipes post free.

Essence Distillery—72 & 73, HATTON GARDEN, LONDON.

Please order "LANGDALE'S" from your Store, and accept no substitute.

To face First Page of Reading Matter.]

UNIVERSITY
LIBRARY
LEEDS

CASSELL'S SHILLING COOKERY.

CHAPTER I.

STOCK.

No. 1. **Clear Stock.**—Good stock is the basis of all soups and gravies, and a few general remarks on making stock will be advisable before giving a recipe in detail.

When made in large quantities, a stock-pot is necessary; one with a tap near the bottom is best. The stock-pot must be well tinned, and should be cleaned out every day.

In small families stock is usually made in a saucepan. Good stock *cannot* be made in an iron saucepan, unless it is well tinned inside.

The best of all saucepans for making stock is an enamelled one. As a rule, if stock is left all night in a saucepan, it is spoilt; but in the case of an enamelled saucepan the cook can remove the lid and supply its place with a plate, and leave the saucepan and its contents on the fire (supposing it is a shut-up stove) all night. This is a point we would call especial notice to, only remember the saucepan must be an enamelled one, and a plate must be used instead of the ordinary tin lid.

To make first-class stock for clear soup proceed as follows:—

Take 2 lbs. of gravy beef and 2 lbs. of knuckle of veal, cut up the meat in small pieces, and chop up the bone in the knuckle of veal; remove any fat, and also particularly any marrow that may have been in the bone. Get a large gallon saucepan, be careful it is thoroughly clean, especially the lid round the rim. Take a little piece of butter and grease the bottom; then place in it the chopped-up veal and gravy beef, part of one head of celery, one onion (in which you may stick four cloves), one carrot, one turnip, two leeks, and a bunch of parsley, *i.e.*, about enough to fill a teacup loosely. All these vegetables must be *thoroughly clean*. Fill the saucepan half full with cold water (two quarts), or, still better, the liquor in which fresh meat has been boiled, add a saltspoonful of salt, and put the saucepan on the fire, and let it simmer gently, occasionally skimming it, for at least six hours, but the longer the better. Add also to the stock, if possible, a slice of raw lean ham, about quarter of a pound, about half an hour before you strain off the stock. Now take a cup (a breakfast-cup is best) and ladle out the stock, which we suppose has not boiled, into another saucepan. You must first move the saucepan to the side of the fire. Ladle out the stock by pressing the cup gently on to the meat and vegetables that are left, but be careful not to stir it up. If you have followed these directions you will get out probably about three pints of stock or broth. Now bring these three pints that have been ladled out to a boil in the other clean saucepan. Let it boil for two or three minutes, and then strain off the liquor through a fine sieve into a basin, and put it by in a cool place till the next day.

In the meanwhile add a quart of

water to the meat and vegetables left in the saucepan, bring it to a boil, and let it boil for an hour or two more; then strain it off through a sieve, and press the meat and vegetables in the sieve, so as to drain as much as possible all the liquor away. Put this by to settle in a basin.

The first basin in the morning will be found to contain three pints of *clear* stock—a jelly, or very nearly one; remove any fat that may be on the top, also any sediment that may be at the bottom; make it hot, and add a little pepper and salt to taste, and, say, a good-sized teaspoonful of extract of meat—this will give it the required colour; but this must not be added if the stock is required for white soups or white sauces. Before adding the extract of meat see if it is *sufficiently* bright; if not, proceed to clear it. (*See* No. 7.)

The second basin will contain a quart of stock, also probably a jelly, but not bright, still very strong and good. This can be used for making any rich, thick, brown gravy, or thick soup, as afterwards directed; but it will not be clear.

This clear stock is the basis of all clear soups, and we shall refer to it as Stock No. 1. Macaroni soup is macaroni washed and boiled tender, and then put into this stock. The same with vermicelli soup. Spring soup is young vegetables boiled, and put into Stock No. 1. Sago soup is sago washed and boiled separately, and put into Stock No. 1, &c. &c.

The two principal things to remember are—first, to skim the stock carefully, especially in the early part of simmering. Secondly—don't let it boil while the meat is in it, but let it simmer gently.

There are various ways of completely spoiling this nice stock. I will give you a few of the ways most commonly pursued, so as to show you "how not to do it." You can make the soup lose all taste of the meat by adding ketchup. If this is not sufficiently wicked, you can add a little Worcester sauce. I have known it done. Under the stupid impression that soup is not good unless it is dark, you can add a lot of burnt sugar, or boil burnt onion in it in large quantities. This will give the nice straw-coloured soup the appearance of beer. But the ways of "flavouring soups" are infinite. I will give my one recipe:—

How to flavour soups—Don't!
(To clear stock *see* No. 7.)

No. 2. **Thick Stock, Cheap.**—Act precisely as in making Stock No. 1, only, instead of putting in the knuckle of veal and gravy beef, use, say, three-pennyworth of bones—fresh ones from the butcher's—or any bones you may have by you, such as a leg of mutton bone, or a sirloin of beef bone. Add water, or, what is of course far better, the liquor in which fresh meat has been boiled—such as a leg of mutton, or, better still, a silverside or aitchbone of beef. Use the same vegetables. Simmer for some time at starting, but afterwards you may let it boil, then strain off carefully; and sometimes it is as well to put a pint or so of water with what is left in the sieve back into the saucepan to boil for half an hour, so as to get out all the goodness.

When you make this stock—as sometimes it will have to be made—in very small quantities, as with one leg of mutton bone, your own common sense must tell you how to decrease the vegetables in proportion, perhaps leaving some out altogether. Try and think of all you can to help. Have what people call "a look round." I will think of a few possible things for you to come across. The remains of the gravy from the mutton the first day it was cooked, in a basin or cup in the larder, with hard pieces of thin

white fat on the top. Just the thing to help: put it in the stock—all except the grease. At the bottom of a basin containing dripping, on lifting the dripping with the help of a knife, you may find a tablespoonful or more of jelly. This will help. The remains of a carcase of an old fowl with bare ribs—like the picture of a dead camel in the desert—or perhaps there is a piece of cold boiled bacon. See if there is a bone with a little lean clinging to it that can be extracted; any gravy left on a dish—in fact, bear in mind the old saying, "Every little helps."

This stock will very probably be greasy. This will a good deal depend upon the state of the bones originally. But always cut off what fat you can, and take away the marrow if there is any. This marrow will help to make a little pudding, and the fat can be "run down" into dripping.

It is always best to make stock the day before it is wanted. If you want a little to go on with directly, after you have strained it off, if it is greasy, put it in a saucepan to simmer, or rather to nearly boil, so as to throw up occasional bubbles; then skim the top off freely into a basin, and go on skimming off the top, stock and grease together, till there is only enough left in the saucepan for what you want. This will be free from grease. Let the remainder get cold, and take the fat off it when it is cold. Recollect, however, even then it may still be greasy, as often fat is held in a sort of dissolved state in the stock; this fat can be got rid of by patient skimming. Extract of meat must always be added, for making *coloured* soups, to this stock—a good teaspoonful to a quart, or even more may be added.

This stock which we have been describing is the basis of any thick soup or gravies. It may be coloured and thickened, and added to in a variety of ways.

Always try and have a little by you. Put by odds and ends, such as bones of any description, especially poultry bones, and rabbit bones. Cut off bits—"flap"—of joints when raw—pieces you know will be left. In fact, always have an eye to your stock-pot.

No. 3. **Greasy Stock.**—By greasy stock I mean the liquor that has boiled, say, a leg of fat pork, or a piece of bacon, or a pig's head. This stock, although it is so greasy, is just what is wanted for making pea soup and lentil soup, and also for boiling haricot beans, a very cheap, nice, nourishing form of food too much neglected in this country. It will also make capital potato soup out of cold potatoes, also rice soup, cabbage soup, &c. &c. These will be described under their different headings; but recollect that to make the stock to the best advantage, you must boil such vegetables as you decide to use with the bacon or pork, as by doing so you not only get a better stock, but you greatly improve the flavour of the meat.

When stock is very greasy, you must let it boil gently by the side of the fire, and now and then throw in a little cold water. This will first stop the boiling, and then it will "throw up its fat," which will collect on the top, and can be taken off in a film that will hang from the spoon. Let it boil away a little, and then throw in a little more cold water, and go on taking off the fat from time to time. You must let it boil away, or the cold water will make it too weak. When you have thickened anything with brown thickening (*see* No. 6) you may get rid of the grease and butter in this way. You need not stand to watch it, but see to it every now and then. Or, perhaps, still

better, bring the greasy stock to a boil, and take the saucepan off the fire. In four or five minutes it will be covered with a film of grease that can be lifted with two forks, it clings so together, but a spoon and fork do the work better. Take off this film, and put the saucepan on the fire, and make it boil again; then take it off, and in another few minutes another film will have risen, and so on—for a dozen times in some cases.

This getting rid of grease, or rather knowing how to get rid of grease, is very important, as it saves us sometimes from throwing away stock that can be turned to account. The soul of economy in cooking is not merely never buying expensive things, but also never throwing anything away.

The stock or liquor in which salt pork or salt beef has been boiled can be used in making pea soup, &c., in moderation, if not too salt. It can be added to soup that has had no salt in it till the soup is sufficiently salted, but you must be careful, or you may sometimes waste the whole soup by finding it too salt to eat. This is one great drawback to salt meat, and also a reason why salt meat should be first soaked in cold water. The same with pickled pork, tongues, &c.

No. 4. **Fish Stock.**—Never throw away the water in which fish has been boiled: it is valuable for making fish sauce, and also soupe maigre. Therefore, in boiling fish, when the stock is or may be wanted, be careful about not putting in too much salt. Salt in quantity is not essential for boiling fish, and some fish will leave the liquor in which it has been boiled a hard jelly when it is cold. This, of course, contains nourishment. Fish bones can be added and ordinary vegetables.

No. 5. **To Thicken Stock.**—The expression is often met with in cookery books, "Thicken with a little butter and flour," or "Thicken with a little arrowroot;" but this expression requires some little explanation for novices. Besides, there is a great art in thickening, and many nice dishes have been spoilt owing to cooks being ignorant of the proper method. The commonest ways of thickening are with flour, corn-flour or arrowroot, butter and flour, and eggs. Perhaps the most useful method of thickening is with butter and flour mixed. But I must here impress on you the importance of first, so to speak, "cooking" this butter and flour. Suppose you have some thick soup, say mock-turtle. If you thicken this with butter and flour plain, the soup will have a gruelly taste and a pale brown colour. If you thicken with butter and flour cooked—*i.e.*, with *brown thickening*—which does not cost one farthing more, you have a rich brown soup worthy of the Freemasons' Tavern. Indeed, the difference between good mock-turtle soup and poor gruelly mess is often simply that one is thickened with butter and flour, and the other with brown thickening, or what the French call "brown roux": the cost of this being only a few minutes' trouble.

No. 6. **Brown and White Roux or Thickening for Stock.**—Suppose you want to thicken some good stock—say No. 1 or 2—to make brown gravy. Take a tin, and place in it equal weights of butter and flour, or, perhaps, rather more of the latter. Put it in the oven, and when the butter has melted, stir the flour well in, and mix it thoroughly together with a spoon. Let it bake till it gets a little brown on the top, then stir again, and continue baking and stirring till the mixture is of a nice, rather light chocolate colour. This is brown thickening.

Then take a spoonful of this, and put it in the gravy, which should be boiling. Stir it up, and let it dissolve. This will thicken the gravy. Add gradually, so as not to get the gravy too thick.

The common mistake of cooks with thick soups and gravies is that they make them too thick. Throughout this book we shall use the expressions "as thick as milk," "as thick as cream," "as thick as double cream." I am speaking of good country milk, not London milk. Gravy—*i.e.*, ordinary brown gravy for a roast fowl or roast turkey—should look the colour of chocolate, and be barely thicker than milk—certainly not so thick as cream. The difference in the *flavour* of gravy thickened with brown thickening and plain flour and butter is the same difference as the crust of a fruit pie before it is baked and afterwards—one nauseous, the other delicious. In fact, in both cases it is the question of butter and flour cooked in the one case and not in the other.

Whenever you use *brown* thickening, you must skim the gravy. (*See* Stock No. 3, or Greasy Stock.)

White thickening is butter and flour baked, but taken out of the oven before it has turned colour. White thickening is used for all kinds of white soups and white sauces. These need not be skimmed, as the butter need not be removed.

Brown thickening will keep good for months; and, if you are in the habit of having thick soups and gravies often, it is a great saving of time and trouble to make it in some large quantity. When done, it can be put by in, say, empty marmalade-pots, and then you will have it by you at any moment, as it is very inconvenient constantly going to the oven. If necessary, you can make a small quantity in a frying-pan, but you must take care it does not burn; and, besides, you will have to keep scraping the bottom constantly—therefore the frying-pan must be very clean.

The best method to make brown thickening to keep is to procure an enamelled saucepan or stewpan (an enamelled one is best), and put in it, say, half a pound of butter to clarify: *i.e.*, dissolve the butter till it is like oil; skim off the white scum, and pour the oiled butter into a clean basin, all except the milky dregs at the bottom. This is now clarified butter. Next, take rather more than half a pound of flour, thoroughly dried and carefully sifted. It is best to dry it in front of the fire on an old newspaper. Add the flour to the butter, which must be poured back into the clean saucepan or stewpan, and stand the stewpan on the fire, stirring the flour and butter to prevent its burning. A wooden spoon is best. You will want a tolerable amount of heat. Have ready on a plate a large slice of onion.

Keep stirring the mixture till the whole has turned a nice bright fawn colour. As soon as it begins to change colour, you must stir, if possible, more industriously than ever. When it is the right colour, take the stewpan off the fire, and keep stirring for a minute, and then throw in the slice of onion, which will help to check the heat, besides imparting a nice flavour. You will find that the butter and flour will go on cooking for some time after you have taken the saucepan or stewpan off the fire. Go on stirring till the mixture ceases to "frizzle." Take out the slice of onion, and put the brown thickening, in a hot state, into a jar. It will keep good for months, and, when cold, will cut and look like chocolate. If possible, always have some in the house. A spoonful of this, with a little Stock No. 1 or 2, will make a rich brown gravy in two or three minutes.

Recollect always that the sauce

will never get thicker till it has boiled.

It is cheaper to make brown thickening in large quantities than to thicken with a little butter and flour, made just when it is wanted. Cooks rarely guess the *exact* quantity, but, to make sure, make too much, use what they want, and, alas! too often *throw the rest away.*

No. 7. **To Clear Stock, Soups, Jellies, &c.**—When you have stock such as Stock No. 1, or jelly made from gelatine, not quite bright, they can always be made so by means of one or two whites of egg. Clearing stock, however, I think takes away somewhat from its goodness. Suppose you have, say, three pints of stock, or a quart of jelly, which you wish to make very bright. Take a couple of eggs and separate the yolks from the whites, as the yolks had better be reserved for making a little custard or a pudding. Beat up the two whites and the shells with a little cold water very briskly with a fork, or, better still, a whisk. Have the stock or jelly on the fire hot, but not boiling, pour in the whisked whites and water and broken-up shells, and stir the whole up, and continue to stir till it boils. Let it boil gently for a quarter of an hour, and then strain it off through a flannel bag, called a jelly-bag. After you have poured a little through the bag, take up what has gone through and pour it into the bag again. It will soon run quite bright; when it does so let it all run through.

This flannel bag should be made of new flannel that has been well scalded; it should be kept very clean, and washed thoroughly in hot water, but no soap or soda should ever be used in cleaning it.

In clearing first-class stock or soups some cooks add gravy beef, and even the white meat of fowls, that has been sent through a sausage machine, but this is very extravagant.

In cold weather the operation of running it through the bag had better be done in a hot place, such as in front of the kitchen fire, as when the jelly begins to set it won't run through at all.

No. 8. **To Reduce Stock.**—To reduce stock is to make it smaller in quantity, but stronger, by boiling and letting the steam escape. This is a process often required, especially in the preparation of white soups, an economical form of nourishment too often neglected. In making No. 2 Stock I stated that extract of meat should be added to the stock for all coloured soup. For white soups we don't want any colour, and the extract of meat would spoil the appearance of the soup. I will illustrate what I mean by reducing stock, by describing how to make vegetable marrow soup; the cost of the vegetable marrow, say, one penny; one quart of milk, fivepence, and a quart of No. 2 Stock, made from bones, say, twopence.

Boil the vegetable marrow, after peeling and taking out the pips, in the stock. When it is tender, take out the vegetable marrow, and rub it through a wire sieve into a basin. Now, boil away the stock in which the vegetable marrow has boiled till the *quart* has been reduced to *half a pint.* You must let it boil freely without any lid on the saucepan. When it is reduced to this quantity add it to a quart of milk that has been *boiled separately.* Add the pulp of the vegetable marrow, and thicken the whole, if necessary, to the consistency of cream, with a little white thickening. (*See* No. 6.) In this soup the only flavouring should be pepper and salt, with the exception, perhaps, of boiling a bay-leaf in the milk.

CHAPTER II.

SOUPS

Artichoke Soup. (*See* Palestine Soup.)

Asparagus Soup. — Take a hundred heads of asparagus. Cut away the hard, tough part, and boil the rest till tender. Drain them, throw half into cold water until the soup is nearly ready, reserving *all* the tops to add to the soup, and press the other half through a hair sieve. Stir the pressed asparagus into three pints of stock; boil it, and add salt, pepper, and a small lump of sugar. Cut the remaining heads of asparagus into pieces the size of peas. Put them into the soup for a few minutes and serve. Colour with a little spinach-green, or green colouring, sold in bottles. Time, about an hour. Sufficient for six or eight persons.

Bisque Soup.—Crack the claws of a good-sized crab, and take out all the meat, tear it into shreds with two forks, and put it aside between two dishes, in a cool place. Pick all the rest of the meat from tho crab, and put with it half its bulk of rice which has been boiled separately for the purpose. Pound it well, put stock or boiling water with it to make it of the consistency of very thick cream, and rub it through a hair sieve. When wanted, make it very hot, but do not let it reach the boiling point; boil a gill of cream, and stir it into the soup, add a spoonful of lobster butter (*see* Lobster Butter) to colour the soup, and serve. If lobster butter cannot be had, the soup will taste nearly as good as if it were there, but it will not look so well.

Cabbage Soup. — Wash and trim a large white cabbage, shred it finely, and cut the shreds across, to shorten the filaments. Throw these into a quart of boiling stock (moro stock must be added if the cabbage is large) and let them boil till tender; add pepper and salt, and a good-sized lump of sugar; boil together and serve very hot. The soup ought to be thick with the shred cabbage. Greasy stock (*see* No. 3) will do.

Calf's Foot Soup. (*See* Ox-foot Soup.)

Calf's Head Soup. (*See* Mock-Turtle Soup.)

Carrot Soup. — Take some stock—three pints—boil in it a couple of onions, some celery, and six or more carrots; boil till tender, and rub all through a wire sieve. Season with pepper and salt. Two or three bay-leaves boiled with it are a great improvement. Sufficient carrots must be used to make the soup as thick as cream. High-class carrot soup is made by only using the red part of the carrot.

Cauliflower Soup. (*See* White Soup.)—Boil a cauliflower till tender. Keep little bouquets of sprigs of the white part to add to the soup just before serving. Put the rest into some good white soup, and rub through a wire sieve.

Celery Soup. — Take some stock, say one quart, and place in it one onion, and two large heads of celery. Boil the celery until it is quite tender. Tho celery had better be cut up small first, and stewed in a little butter, and then boiled in the stock. Avoid the dark parts of the celery. Boil the stock away till the celery becomes almost a pulp. Rub it all through a wire sieve, and add it to a pint and a half of milk, or still better, cream, boiled separately; boil

a couple of bay-leaves in the milk. Flavour with pepper and salt.

Chicken Broth. — This may be made from the inferior joints of a fowl, the best pieces being cooked in some other way; or the fowl may be used after it is cooked, in which case only just enough water or stock must be put over it to cover it. Roast it for twenty minutes before putting it to boil; by this means the flavour will be improved. Generally speaking, a quart of water may be allowed for a medium-sized fowl. Put it into cold water, with very little salt, and no pepper, as these are better added afterwards, according to the taste of the invalid. Simmer very gently for a couple of hours, and skim the liquid carefully as it comes to a boil. If there is time, pour it out, let it get cold, remove every particle of fat and boil it up again. Chicken broth may be thickened with rice, oatmeal, groats, pearl barley, or arrowroot; and these, besides making it more nutritious, will absorb a portion of the chicken fat, and make it smoother, and lighter of digestion. A few pieces of beef put in with the chicken are a great improvement. Sufficient for one pint of broth.

Clear Soup (made from fresh meat).— Cut three pounds of the shin of beef, two pounds of veal, and two slices of ham into small pieces, and lay them at the bottom of a stew-pan with a lump of butter; put the bones with the meat, and also a couple of large carrots and turnips sliced, a small head of celery, and an onion stuck with three cloves. Cover the saucepan, and set it on the fire. Let the meat brown on both sides, and when there is a brown glaze at the bottom of the pan, put a little hot water to it. Let it come just to the point of boiling, then add a little cold water. Skim it carefully, and, when nearly boiling, add more cold water; repeat this, and remove the scum until no more rises, and then add three quarts of water. Simmer gently by the side of the fire for four or five hours. Strain through a jelly-bag, but do not squeeze or press it at all, and let the liquid remain until the next day, when every particle of fat must be removed, and any sediment or impurities that may be at the bottom of the basin left untouched. When it is to be used, warm it, and, if necessary, clarify it; but if the directions given have been attended to, namely, the meat boiled gently and without ceasing, the scum removed, the liquid gently strained, and the sediment left out, the soup will be as clear as spring-water, and of a bright golden colour. Vegetables cut up in neatly-shaped pieces are generally served in clear soups. For this purpose dried vegetables are to be recommended. Season, while boiling, with pepper, salt, and a piece of sugar. Sufficient for two quarts.

Cock-a-Leekie. — Cock-a-Leekie is a Scotch soup, in which a boiled chicken is cut up into small joints and served in some broth made with chicken and boiled leeks. A cheap way is to take the remains of a cold fowl, cut the meat off the bones, stew the bones in some clear stock (say, a quart); cut up a couple of lecks, well washed, into thin slices; stew these in the soup, which should be clear; add the remains of the meat, and serve. Flavour with a little pepper and salt.

Colbert Soup.—Colbert Soup, or Potage à la Colbert, is simply poached eggs served in Spring or Jardinière Soup.

Cow-heel Soup. (*See* Ox-foot Soup.)

Crab Soup. (*See* Bisque Soup.)

Cressy Soup. (*See* Carrot Soup.)

Fish Soup (simple). — Take the bones, head, and all that is left of a turbot, or codfish, &c., and stew them for two hours in about three pints of the liquor the fish was boiled in. Strain the soup, and return it to the stewpan with two tablespoonfuls of well-washed rice, an onion stuck with one clove, and three or four bay-leaves, and simmer again for half an hour. Season the soup with pepper and salt, and mix a large breakfast-cupful of boiling milk, or still better, cream, with the liquor, and pour it into the tureen. Have ready a tablespoonful of well-washed and finely-chopped parsley, throw it into the tureen at the last moment, and serve very hot. Thicken the soup with a little white roux.

Game Soup. — This soup may be made of the remains of cold birds which are not required, though, of course, if uncooked the soup will be better. Pick off all the white meat you can get from the bones, and pound it in a mortar. Put the bones and trimmings into a stewpan, with two or three carrots, a slice of lean ham, a little pepper and salt, two or three onions, and three pints of white stock. Simmer gently, and when the vegetables are tender, take them out, mix them with the pounded meat, and rub them through a wire sieve. Keep adding a little of the broth, so as to press as much through as possible. Return the broth to the saucepan, and let it get quite hot. A few minutes before serving draw it from the fire, let it cool a little, and mix with it the well-beaten yolks of two eggs, and a cupful of cream. It must not boil after the eggs are added. Time, one hour and a half to stew the bones and trimmings. Sufficient for five persons.

Giblet Soup. — Scald the giblets, cut them up into small pieces, stew them in some stock (No. 1 or 2 will do). One set will make a quart. Add a dessertspoonful of savoury herbs. Stew till the giblets are quite tender, then take out the pieces of giblets and strain the soup to get rid of the savoury herbs. Thicken the soup with brown thickening till it is as thick as cream. The stock must have its full allowance of extract of meat. Get rid of the fat. Flavour with pepper and salt, and a tablespoonful of sherry ; warm the giblets up in the soup. A little lemon-juice may be added.

Gravy Soup.—Get some No. 1 or 2 Stock, thicken it *very* slightly with some brown thickening, remove all grease, and add a little extra quantity of extract of meat.

Green Pea Soup, Fresh.— Take half a peck of fairly young peas, shell them, and throw the peas into water. Put all the shells into a quart of stock to boil (No. 1 or 2 Stock will do) with a handful of spinach, three or four sprigs of parsley, a dozen mint-leaves, and, if possible, a few small, green, fresh onions. Boil for an hour, and then rub the whole through a wire sieve. The shells are very troublesome, but with patience a great deal can be got through. Pour back the soup and pulp into the saucepan, let it boil, throw in the peas, and boil till tender. Thicken the soup with a little white thickening, if not sufficiently thick already. Season with pepper and salt, and a teaspoonful of extract of meat can be added if the soup is wished good. Serve the peas whole in the soup. Some boil the peas with the shells, and send all through the sieve.

Grouse Soup. — Roast a brace of grouse for a quarter of an hour or twenty minutes ; then cut off the breast and the best of the meat, and lay it aside. Pound the rest of the meat in a mortar, and fry it in a little butter with three ounces of undressed lean ham, cut into dice, a chopped carrot and onion, a bay-

leaf, and a sprig of thyme and parsley. When lightly browned, add two quarts of good stock and the bones of the grouse. Stew gently for an hour, skimming carefully to remove the fat, then strain the soup, and add to it a tablespoonful of salt, cayenne, and a little brown thickening. Simmer half an hour longer. A few minutes before serving, put in the breasts, &c., of the grouse, cut into slices, and a glass of sherry. Make the soup hot once more, and serve. Sufficient for seven or eight persons. This soup is more generally made from the remains of grouse that have been left.

Hare Soup.—Hare soup can be made, and is of course best made, from a fresh hare; but it is more often made from the remains of jugged or roast hare. In this case, cut out the best pieces of meat from the back, put them aside, and put the bones and the rest of the hare to boil in some good stock (No. 1 or 2). The quantity must depend upon what is left. Also, put in with it a dessert-spoonful of mixed sweet herbs; also, if possible, chop up a small piece of lean ham. When it has boiled some time, strain it off, take out the bones and scrape the meat off them, and rub all the meat and ham through a wire sieve into a basin. Add the soup to this, and colour with a few drops of "caramel" (burnt sugar mixed with water). Don't make the soup thick. Dissolve also a teaspoonful of red currant jelly in the soup, and add a glass of port wine. If the soup is made from roast hare, the flavourings for jugged hare (*see* JUGGED HARE, p. 129) must be added: such as cloves, a little cinnamon, and extra onion. Season with pepper and salt.

Hotch-potch.—Take two pounds of the marrow half of the round of beef. Cut it into pieces about two inches square, and put them into a stewpan, with a few scraps of fat beef or veal, five pints of water, or, still better, stock, and half a pint of beer. Let these boil up, then add two large carrots, sliced, two onions, two sticks of celery, two turnips, and some pieces of cauliflower. In Scotland it is customary to cut up the vegetables into small pieces. Cover the saucepan closely, and simmer gently for three hours. Melt two ounces of butter in a saucepan. Mix a tablespoonful of flour smoothly with it. Let it brown, dilute it with a little of the broth, season with ketchup, and add it to the rest of the stew. Let the broth boil up once more, and add pepper and salt to taste. Serve in a large dish. Put the meat in the middle, the vegetables round, the gravy over all, and send to table as hot as possible. Hotch-potch may be made with beef, mutton, lamb, fowl, or pickled pork, and with vegetables varying according to season. A mixture of two kinds of meat is very good, and many cooks mince the meat instead of serving it in cutlets. In the West Indies it is very commonly used by the natives, but is made so hot with pepper that it is known by the name of "pepper pot."

Jardinière Soup. (*See* SPRING SOUP.)

Julienne Soup.—Cut a carrot, a turnip, part of a head of celery, the white part of a leek, and one onion, into thin strips, and stew them in a little butter till they become slightly brown; add also a little powdered sugar—a teaspoonful; then strain off the butter, and throw the vegetables into some good No. 1 Stock. Add a little of the white part of a lettuce, cut fine, shortly before you serve up the soup, and, if possible, a few fresh tarragon-leaves. Be careful to skim off the butter from the stock which will rise from the vegetables. Of course all of these vegetables are not absolutely essential, but where

there is a garden, this will be found an admirable mixture.

Kidney Soup.—A good soup can be made from tinned kidneys by adding the gravy to some good gravy or Stock No. 2, boiling the kidneys in it, and then rubbing all the kidneys through a wire sieve. The kidneys themselves, unless treated this way, are hard and indigestible. Flavour with pepper and salt, and some fried onion rubbed through the sieve with the kidney; one large onion to a tin. Add a little sherry. The best wine for kidneys is undoubtedly champagne. If by chance a little has been left in a bottle, dead, this is an admirable means of utilising it.

Lentil Soup.—Put a cupful of green lentils into water to soak over-night, and then put them into some Stock No. 2, or greasy stock will do. Drain the lentils, and put them into a stewpan with the stock, and throw in two onions, two carrots, a turnip, a bunch of parsley, a pinch of savoury herbs, a bay-leaf, and, more important than all, either half a dozen outer sticks of celery or half a teaspoonful of bruised celery-seed, and a crust of stale bread. Let the liquor boil, skim it occasionally to take off the dark film that keeps rising to the surface, and boil gently for about four hours till the lentils are thoroughly soft. Strain the soup through a wire sieve, take out the parsley and rub everything else patiently through the sieve into a basin. Keep a small portion of the liquor hot wherewith to moisten the pulp now and then, and so make it go through more easily. Boil the soup again before sending it to table, and serve it very hot. Add a few drops of sugar browning to improve its appearance. Stir it frequently whilst boiling it, to keep it from burning. Some people add a cupful of boiling milk to this soup. (*See* Soupe Maigre.)

Lobster Soup.—Take some stock and stew it for an hour with a carrot, a turnip, a small onion, a few sticks of celery, and half a dozen peppercorns. Rub the soup through a sieve, and to each pint of liquor add a dessertspoonful of corn-flour mixed smoothly with half a pint of milk. Stir the soup till it boils, then add pepper and salt to taste, and a quarter of a teaspoonful of essence of anchovy. Break the yolk of an egg into the soup-tureen, stir in the soup, and add a tin of preserved lobster—or, still better, the meat of a small fresh lobster—cut into neat pieces. Let these stand five or six minutes, and serve. The lobster must on no account boil in the soup; if possible colour the soup a bright red with lobster butter. (*See* Lobster Butter, pp. 55, 173.)

Macaroni Soup.—Boil some macaroni till it is tender — about twenty minutes. Drain it off, and serve it cut up into three-inch pieces in some clear stock (No. 1).

Soupe Maigre.—Soupe maigre is composed of vegetables. Take some, if not all of the following: a small head of celery, a turnip, a carrot, two large onions, fried in butter, two parsnips. Boil them till they are perfectly tender in a quart or more of water, and rub them through a wire sieve. Thicken with some cold boiled potatoes, and add a very little young cabbage and lettuce, and boil them in the soup till tender. Then chop and add a handful of sorrel. This last is almost essential to get soupe maigre. The consistency should be that of pea soup. Dried peas or lentils can be used as well, but must be sent through a sieve. Onions, celery, potato, and sorrel make a very good soupe maigre. Season with pepper and salt. When

soupe maigre is wanted very good, yolks of eggs can be added in any quantity. The soup must not boil after the eggs are added.

Mock-Turtle Soup.—The best mock-turtle soup is made from calf's head, and can be made either thick or clear. Mock-turtle soup is so far the nicest mode of cooking calf's head, that I will give directions for making the soup from the head direct, and not from the remains of calf's head cooked before in some other way, though the same directions will show how the latter can be done. To make clear mock-turtle, proceed as follows:—

Proceed in every respect to make Stock No. 1. As half a calf's head should make three quarts of soup, all the ingredients in making the stock should be doubled, including the veal. Get half a calf's head; remove the tongue and brains (these will make a nice entrée); soak the head, and remove all blood-stains; wash carefully where the brains have been. Place the half calf's head in the saucepan, or stock-pot, with the knuckle of veal and stock, and let it simmer very gently for a couple of hours. Next take out the calf's head; cut off all the meat from the bones; cut the flesh into neat pieces about two inches square, and put them by on a dish, keeping the pieces flat by placing another dish on the top of them. Pour any juice or gravy that has run out back into the stock-pot. When the stock is finished, strain it, and, if not bright, clear it. The extract of meat had better be added after the stock is cleared. Next, place in a small stewpan two good tablespoonfuls of mixed sweet herbs (*see* Herbs, Sweet, p. 167), one, if possible, of sweet basil (basil is sold, dried, in sixpenny bottles), and a teaspoonful of pennyroyal. This last is not essential, but is an improvement. Pour about half a pint of the clear stock on this, and let it boil gently for some time, keeping the lid close down. After it has boiled for twenty minutes remove the stewpan from the fire, and let these herbs get nearly cold; then strain them through a gravy-strainer, pressing the herbs with a spoon to extract as much flavour as possible. Next, place the soup in a large saucepan on the fire, and put in the meat, which is probably tender; if not, it must simmer in the soup till it is. Flavour the soup with cayenne pepper, ordinary pepper, and salt. Add the juice of the herbs gradually, till you get the right flavour. (These herbs vary so much in strength, according to the time they have been picked, that exact quantities cannot be given.) Probably the whole of what I have mentioned will have to be added. Next add half a pint of golden sherry, and the juice of half a lemon. Have ready a few egg-balls, in which a little finely-chopped parsley is mixed with the eggs, which have been set in boiling water. Throw these into the soup, and serve. (*See* Egg-Balls, p. 21.) Three quarts of mock-turtle will require a brimming dessertspoonful of extract of meat, or even more. If the herbs are stale, more must be added in making the herb-juice. The bones can be put on for making Stock No. 2.

Mock-Turtle Soup, Thick.—Proceed exactly as in making clear mock-turtle soup, only substitute No. 2 Stock for No. 1—*i.e.*, bones instead of knuckle of veal. Of course you need not clear the soup. After cutting the meat off the head, put back the bones of the calf's head into the stock-pot. Make the herb-juice as before, adding, if anything, rather more herbs. Thicken with brown thickening, and carefully skim off the grease. This requires patience. Add the same quantities of extract of meat, sherry, egg-balls, &c. The amount of thickening required will be

considerable. This soup is always best made the day before. Half a calf's head will make three quarts of soup.

Mulligatawny Soup.—The best meat to serve up in mulligatawny soup is either rabbit or chicken, but sometimes a little veal is used; in this case take care that the veal has not been boiled till it is uneatable. If fowl or rabbit is used, be sure to extract as much goodness as you can out of the bones by boiling them in the stock. Put the meat of the rabbit or fowl by on a plate till wanted. Proceed in every respect to make the soup as if you were making curry sauce (*see* CURRY SAUCE, p. 26), only add three times the quantity of stock. Thicken with brown thickening. Add the meat to the soup the last thing, and hand boiled rice with the soup. (*See* RICE BOILED FOR CURRY, p. 187.)

Mussels, Soup of.—The basis of this soup may be either a fish or meat stock. Take half the quantity of stock required for the soup, mix with it a pint of pounded mussels, previously boiled and the beards taken off. Pound also in a mortar the hard-boiled yolks of three eggs, with a lump of butter, cayenne, and salt; boil for thirty minutes, then strain, and rub through a wire sieve. Add the remainder of the stock, and a teaspoonful of anchovy sauce, and simmer for a few minutes longer. Put in another pint of mussels, and make hot, but do not let the soup boil. Serve with toasted sippets. If liked, the recipes for oyster soup may be followed, mussels being used instead of oysters. Great care must be taken to free the mussels entirely from sand.

Mutton Broth.—Take two pounds of what is known as the scrag-end of the neck of mutton; remove as much as possible every particle of fat. Put it in a quart of cold water, with a slice of onion and a saltspoonful of salt. Let it simmer very gently for thee or four hours. Skim occasionally. The broth should be then strained off, and allowed to get cold. Take off all the fat, and warm up when required. Should pearl barley be wished in it, take a tablespoonful of pearl barley and wash it, boil it in water for about ten minutes, strain it off and throw away the water; boil this now washed barley in the broth. The outside of barley is always dirty. When not required for invalids, some chopped parsley may be added to the broth, as well as other vegetables such as turnips, carrots, leeks. The meat may also be stewed for a much shorter time, and served in the broth.

Ox-foot Soup.—A nice soup, very much resembling mock-turtle soup, can be made from ox-feet, or, as they are sometimes called, "cow-heels," but perhaps ox-foot is a better name. Order an ox-foot from the butcher's; have it scalded, but not boiled, as in the latter case the greater part of the goodness is boiled out of it. Put the foot on to boil in No. 2 Stock. After boiling for three or four hours, take it out and cut all the flesh off the bone, cutting the meat as much as possible like the meat for mock-turtle soup. When you first put on the foot, add two tablespoonfuls of mixed sweet herbs; and when you take out the foot, strain off the stock. The flesh must then be put back into the stock, and simmered or boiled till it is perfectly tender. This soup, to be nice, requires two days to simmer. Thicken the soup with a little brown thickening, flavour with pepper and salt, and also, if you wish it really good, add a glass of sherry. Be careful to have all the fat removed, especially after thickening the soup. This is an exceedingly cheap and nourishing soup. It re-

quires patience in boiling, as, until the meat is perfectly soft and tender, the soup itself will not be glutinous.

Ox-cheek Soup.—Wash an ox-cheek thoroughly in lukewarm water, then put it into a large saucepan with two ounces of lean ham, an onion stuck with twelve cloves, a turnip, two carrots, three or four sticks of celery, a teaspoonful of peppercorns, a blade of mace, a bunch of parsley, about enough to fill a teacup loosely, a small sprig of thyme, a tablespoonful of salt, a bay-leaf, and three quarts of stock. Bring the liquid to a boil, remove the scum as it rises, then draw the pan to the side of the fire, and simmer gently for four hours. Take up the cheek, cut off about half a pound of the meat in slices half an inch thick, and put it back into the broth. Mix two tablespoonfuls of ground rice or plain flour with two tablespoonfuls of mushroom ketchup and half a tablespoonful of soy; add this to the soup, and simmer it for an hour longer. Cut a large carrot and turnip into the shape of peas, olives, &c., according to fancy, peel and trim neatly a quarter of a pint of button-onions, cut the slices of ox-cheek into inch-square pieces, and fry all these in hot butter until they are tender and lightly browned. Strain the soup, return it to the pan with the fried vegetables, &c., boil them together for ten or fifteen minutes, and serve. Time altogether, six hours. Sufficient for ten or twelve persons.

Ox-tail Soup.—Cut an ox-tail into pieces about an inch long, with a small, fine, meat-saw. Stew these pieces of tail in some Stock No. 1, before the stock is cleared. Cut up a carrot and turnip into small pieces the size of dice. When the pieces of tail are nearly tender add the vegetables, simmer till the tail and vegetables are quite tender, strain off the pieces of tail and vegetables, clear the stock, add a dessertspoonful of extract of meat to every three pints of soup, put in the tail and vegetables, and serve. If the tail is very large, the pieces near the root must be cut into two or even four. A small tail will make three pints of soup, and a large tail three quarts. Be careful to remove all the grease before clearing the soup.

Ox-tail Soup, Thick.—Cut up the tail as before, stew it in Stock No. 2, add the vegetables, cut up as for clear ox-tail. Boil a tablespoonful of sweet mixed herbs, in a little stock, in a stewpan, and strain the liquor through a strainer into the soup. Thicken with some brown thickening, till the soup is of the consistency of thin cream. Add a dessertspoonful of extract of meat to every three pints, and a wineglassful of sherry to the same quantity. A small tail will make three pints, and a large tail three quarts. Skim off all fat and grease very carefully after thickening the soup.

Oyster Soup.—Open a dozen oysters, scald them in their own liquor and a little milk, strain them off directly, and put them by. Boil a quart of No. 2 Stock, that has had no extract of meat put to it, down to half a pint. Boil separately a pint and a half of milk, and add to it the reduced stock. Thicken with some white thickening till the soup is as thick as cream. Add some pepper and a teaspoonful, or rather more, of anchovy sauce. Make the soup-tureen hot with boiling water, empty it, put in the scalded oysters, now cold, and pour the boiling soup on to them in the tureen. It is an improvement to boil a bay-leaf in the soup. A "suspicion" of nutmeg may also be added. A small tin of oysters, rubbed through a wire sieve with the liquor, makes this soup much better.

Oyster Soup from Tinned Oysters.—Rub a tin of oysters through a wire sieve after boiling them in some reduced stock as above. Add the milk and proceed as above, with the exception that whole oysters are not served in the soup.

Palestine Soup. — Take a dozen good-sized Jerusalem artichokes; peel them, and, like potatoes, throw them into cold water as you peel them, to prevent their turning a bad colour. Boil these artichokes in a quart of No. 2 Stock that has not had any extract of meat put to it. Boil away the stock till it becomes a pulp with the artichokes, taking care it does not burn. Then rub them through a wire sieve. Boil separately a pint and half of milk, boiling a couple of bay-leaves in it. Add the pulp to the boiling milk. Add also one lump of white sugar. Flavour with a little white pepper and salt. If the soup is not sufficiently thick—it should be like double cream—add a little white thickening. (*See* Stock No. 6.) But one dozen artichokes of a good size will be sufficient, as a rule, for a quart. If the artichokes are small, more must be added. A moderate-sized Jerusalem artichoke is as big as the fist. If the soup is wanted rich, a couple of yolks of eggs can be beaten up with half a pint of hot soup, and put into the tureen, the remainder of the soup, very hot, but not boiling, being poured on it. A "suspicion" of nutmeg may be added. Serve fried bread with it. A piece of raw ham boiled in the stock is a very great improvement to this, and, in fact, to all white soups. It is not, however, absolutely essential.

Parsnip Soup. (*See* Carrot Soup. Only use parsnips instead of carrots.)

Pea Soup.—Take a pint of split peas; soak them over-night. Then boil them in three pints of Stock No. 2 or Stock No. 3, leaving in whatever vegetables were used for the stock. A greasy stock is best for pea soup. When the peas are tender, rub them, with the vegetables, through a wire sieve. Serve fried bread and powdered dried mint with the soup.

N.B.—If you have a piece of boiled pickled pork and peas pudding one day, you can make some pea soup out of the liquor and remains of the peas pudding. The remains of cold potatoes can be used up by being rubbed through the sieve with the peas.

Pea Soup, Green. — Green pea soup can be made from dried green peas exactly the same way, only a good handful of spinach should be boiled with the soup and rubbed through the sieve, to assist in making the soup a good colour.

Potato Soup.—Potato soup is best made from the remains of cold boiled potatoes. Boil the potatoes with one large onion in a quart of No. 2 or No. 3 Stock, till the stock is reduced to half a pint, then rub all through a wire sieve, and add to it a pint of milk, boiled separately. Boil a couple of bay-leaves in the milk. Add to each quart a teaspoonful of chopped parsley, pepper, salt, and just a "suspicion" of nutmeg. Sufficient cold potatoes should be added to the soup to make it of the consistency of double cream. Serve fried bread with the soup.

Pot-au-feu. — This is a common dish in France, and is to be met with in almost every household. The foundation is beef. The parts most generally used are the leg, shoulders, and ribs. The upper parts of the leg are, however, the best for the purpose. The bouillon or broth is flavoured with vegetables that are boiled in it, and these are served with the bouilli or boiled

beef. In making pot-au-feu it must be remembered that the stewpan must be scrupulously clean. It is usually made of tinned metal or earthenware. The meat should be quite fresh, should be simmered very gently but continuously, and skimmed with great care. The fire should be steady but slow, and should be mended very gently when necessary, that the ebullition may not be increased. The stewpan should not be very closely covered, or the bouillon will not be clear—and the true French bouillon is clear, limpid, of a golden-amber colour, and exhales pleasantly the combined aromas of the various meats and vegetables. The latter should be added after the meat has simmered half the time, and they should not be allowed to remain in the pan after they are done enough, or they will absorb some of its flavour. A little caramel or burnt sugar may be used to colour the bouillon, and this should be added the last thing. Some prefer the bouillon the first day, and some the second. To preserve it, it should be strained, put into a clean earthenware pan without cover, kept in a cool place, and boiled up every day in summer and every three days in winter. It should be remembered that if either turnips or garlic are used the broth will not keep so well as if they were omitted. It is the French custom to put small pieces of fried bread into the soup-tureen, to pour the bouillon over them, and to let these soak a few minutes before serving. The following are the detailed instructions for making pot-au-feu :—Take four pounds of fresh beef and any bones that may be at hand. Bind the meat to keep it in shape, and break the bones into small pieces. Put the bones into the stewpan, lay the meat upon them, pour over them three quarts of cold water, and add a teaspoonful of salt. Heat the liquid slowly and carefully, removing the scum as it rises. Keep adding a tablespoonful of cold water to assist its doing so, and skim most particularly until the soup is quite clear. When it is thoroughly skimmed, cover tightly to keep out the dust, and let it simmer very gently for two hours. Add an onion stuck with three cloves, a bunch of parsley, a sprig of thyme, five or six outer sticks of celery, a leek, two carrots, a bay-leaf, a turnip, and a teaspoonful of whole pepper. The vegetables should be added gradually, that the temperature of the soup may not be lowered by them. Let the vegetables simmer gently and continuously for two hours longer, or until they are tender. Add a little more pepper and salt if required, and serve the bouillon in a tureen; and, as a remove, the bouilli and the vegetables. Time, five hours from the time the liquid has once boiled.

Poor Man's Soup. — The dripping which is used for making this soup should be taken out of the tin almost as soon as it has dropped from the meat. If any cinders have accidentally fallen into the dripping, it should be clarified. Throw four tablespoonfuls of beef dripping into two quarts of boiling water. Add an ounce of butter, two or three onions sliced, a pound and a half of raw potatoes sliced, and a little pepper and salt. Boil for an hour. Take the heart of a young cabbage, break it into small pieces, throw it into the soup, and let it boil quickly until it is done enough. Serve immediately. Send toasted sippets to table on a separate dish. If, instead of water, the liquid in which meat has been boiled can be used, the soup will, of course, be much improved. Sufficient for five pints of soup.

Poor Man's Soup (another way).—Slice two onions, and cut

four ounces of bacon into dice. Fry these in two ounces of good beef dripping until they are lightly browned. Add a large carrot, a turnip, a leek, and three or four outer sticks of celery, all cut into thin pieces. Fry for a few minutes longer. Pour in six quarts of water. Let the liquid boil, then throw in a little more than a pint of split peas which have been soaked for several hours in cold water. Simmer the soup gently until the peas are reduced to a pulp. Press through a sieve. Return the soup to the saucepan, mix with it two tablespoonfuls of salt, one of sugar, one of dried mint, half a tablespoonful of pepper, and half a pound of flour mixed smoothly with a pint of water. Boil half an hour longer, and serve. If preferred, the mint can be served separately at table, and taken or not according to individual taste. Time, varying with the freshness of the peas, generally about four hours. Sufficient for twelve or fourteen people.

Poor Man's Soup, Dr. Kitchiner's.—Wash a quarter of a pound of Scotch barley in two or three waters. Drain it, and put it into a large stewpan with four ounces of sliced onion and five quarts of water. Boil the liquid, skim it, and let it simmer gently for an hour, then pour it out. Put into the pan two ounces of clear beef dripping and two ounces of fat bacon cut into dice. When these are melted, stir in four ounces of oatmeal, and rub these to a smooth paste with the back of a wooden spoon. When well mixed, add the barley liquid very gradually, first by spoonfuls. Stir frequently until it boils. Season with salt, pepper, and a little allspice; boil a quarter of an hour longer, and serve. If liked, the flavour of this soup can be varied by frying a larger portion of onion or a little carrot or celery with the bacon. Time, two and a half to three hours. Sufficient for a dozen people.

Rabbit Soup.—Skin and empty a fine rabbit, and lay the liver aside. Cut it into joints, flour the pieces, and fry them lightly; put them in a stewpan with the liver and three pints of good stock made from bones (*see* Stock No. 2), and let them simmer as gently as possible for an hour, or until the rabbit is done enough, carefully removing the scum as it rises. Take out the rabbit, cut off the best of the meat, lay it in a covered dish, and put it in a cool place. Bruise the bones, and put them back into the stock, and with them two onions, a shallot, a carrot, a small bunch of parsley, a pinch of thyme, three or four outer sticks of celery, and a little salt and cayenne. Simmer the broth two hours longer. Take out the liver, rub it till smooth with the back of a wooden spoon, moisten with a little of the liquor, and return it to the soup. Just before sending to table add half a glassful of port and a teaspoonful of mushroom ketchup. Cut the pieces of meat into dice, let them get quite hot without boiling, and serve immediately. Time, three hours.

Rabbit Soup (M. Ude's recipe).—Take the fillets of four rabbits to make an entrée, and with the legs and shoulders make the soup as follows:—Put them into warm water to take out the blood; when quite clean put them into a stewpan with a bundle of parsley and a ladleful of good broth; put all this to simmer over a slow fire; when done through, moisten with some good broth. Season to taste, and let it boil for an hour only: if you let it boil too long the soup will be brown. Next take the meat out of the broth, drain it, and let it cool, then pick all the meat

from the bones, and put it into the mortar, with four yolks of eggs boiled hard, and the crumb of a roll soaked in a little broth; pound all this very finely; rub it through a tammy, moisten with the broth, and when done add a pint of double cream that has boiled; mix all together, and serve. Take particular notice that this soup must be very white; sometimes you give it with vermicelli, sometimes with pearl barley, sometimes with rice: on all occasions each of these articles must be done separately in broth, and put into the soup afterwards. If you have abundance of rabbits, you may also use the fillets, as the soup will then be whiter and better.

Rice Soup.—Take the remains of any boiled rice in which the grains do not stick together, and warm it up in some clear Stock No. 1. This is clear rice soup.

Boil some rice in some No. 2 Stock, remembering that a little rice will go a long way, and it does not do to have the soup too thick. This is an excellent economical nourishing soup, suitable for invalids and children.

A rich rice soup can be made by boiling some rice in good No. 1 or No. 2 Stock, before any extract of meat is added, and then rubbing half of the rice through a wire sieve to thicken the soup. Add an equal quantity of boiling milk to the stock, and add three yolks of eggs to each quart of the soup. Do not let the yolks boil, but beat them separately with a little hot soup in the tureen (previously warmed); add the remainder of the hot soup, and serve with fried bread. The eggs are not essential.

Rice Cream Soup.—Proceed as in the above recipe, only use boiling cream instead of the boiling milk.

Sago Soup. — Wash about a tablespoonful of sago thoroughly, boil it in three pints of No. 1 Stock, and serve. This is a very nice cheap soup when made with any clear stock. Rub the saucepan well with a bead of garlic—*i.e.*, if the flavour is not objected to.

Savoury Custard is very good served in clear soup. To make this, take the yolks of two eggs and the white of one; whisk them, and put with them a gill of the clear soup. Turn the custard into a buttered gallipot, cover the top with buttered paper, and place it in a saucepan with hot water two or three inches deep. The water must not touch the paper. Steam the custard very *gently* till it is set; it will take about a quarter of an hour. If it is allowed to boil quickly the custard will be full of little holes instead of being smooth. Let it get cold, then cut it into thin slices with a sharp knife. Shape these into small circles or diamonds, place them in the soup, and serve.

Scotch Broth.—Procure some No. 2 Stock that has had no extract of meat put to it, or, better still, some No. 1 Stock, also without extract of meat. Cut up some carrot, turnip, and celery small, and boil this in the stock till tender, then add pearl barley that has been boiled till it is tender, and a teaspoonful of chopped parsley. Boil the stock, and have ready some trimmed cutlets off the neck of mutton, cut very thin. When the soup is boiling, throw in the cutlets, and take the soup off the fire on to the side. The cold meat will take it off the boil. Let it stand for five or ten minutes, and then pour it into a tureen. If the soup boils after the meat is thrown in, it will be hard. If the cutlets are thin, five minutes in this hot soup will cook them.

Sheep's Head Soup.—Split open a sheep's head, and remove the tongue and brains, which will make a separate dish. (*See* SHEEP'S

Head, p. 92.) Stew the head in three pints of No. 2 Stock and boil it with a tablespoonful of pearl barley, thoroughly washed. Add extract of meat. Season with pepper and salt, and a pinch of thyme. When the head has been stewed for a couple of hours, the meat will easily come off the bone. The bones, of course, should be removed, and the meat served in the soup. Rice may be substituted for barley, and a little chopped parsley can be added to the soup, if liked. The soup may also be slightly thickened with corn-flour. Carrot and turnip may be served in the soup, cut up into dice.

Spring Soup. — Cut up into small slices some young spring carrots, turnips, part of a small head of celery, a few spring onions trimmed from the green stalk, a few little pieces like a small bouquet of the white part of a cauliflower, some cut-up leaves of the white part of a cabbage lettuce, a small handful of sorrel-leaves, and a few leaves of fresh tarragon. Throw these into *boiling* water, and let them boil for five minutes. Then strain them off, and boil them for about half an hour in some clear bright Stock No. 1. About a quarter of an hour before serving the soup, and while the soup is boiling, throw in a large spoonful of freshly-gathered and shelled young green peas, and a few young asparagus tops. Flavour the soup with pepper and salt, after the vegetables have been boiled.

Tapioca Soup.—Soak a tablespoonful of tapioca, after washing it, for half an hour; then boil it in a quart of No. 1 Stock. Time, about half an hour. The saucepan can be rubbed with a bead of garlic, if the flavour is not objected to.

Tinned Soup.—A very large number of soups are now sold ready-made in tins. Housekeepers should remember that palates are apt to differ, and that the majority of ready-made soups possess that good quality, namely, no one flavour particularly predominating. I would, however, remind them that with a little ingenuity any one flavour that is liked can be imparted to these tinned soups after they have been opened. For instance, the majority of thick soups will bear the addition of a little extract of meat, a little brown roux or brown thickening, and half a glass of wine. On the other hand, nearly all clear soups will bear the addition of a little extract of meat, but wino should be added to clear soup with considerable caution. Should the soup be clear and nearly devoid of colour, a little sherry or Madeira can be added, but when the clear soup is of the nature of julienne no wine whatever should be added. Another improvement to all these soups is, of course, the addition of a little pepper. Pepper is easily added, but it is impossible to be extracted. The majority of these soups are consequently easily adapted to suit the tastes of all individuals. The cook should, however, taste the soup, and she will soon discover whether a little additional pepper is required or not. This, of course, depends on the tastes of those persons for whom she daily cooks. The following soups are now to be obtained in tins:—Real turtle soup, game soup, grouse soup, hare soup, thick soup, hotch-potch, kidney soup, mulligatawny soup, mock-turtle soup, ox-cheek soup, ox-tail soup, chicken soup, tomato soup, venison soup, Cressy soup, gravy soup, green pea soup, julienne soup, mutton broth, Palestine soup, vegetable soup, vermicelli soup, &c.

Tomato Purée.—Mince finely a shallot and a small onion, and fry these with either a slice of bacon cut small or with one or two strips of bacon-rind, and the contents of a two-pound tin of preserved tomatoes

When fresh tomatoes are in season, half a dozen fresh tomatoes cut into slices should be used, and are, of course, to be preferred. Pass the tomatoes through a hair sieve. Boil about three pints of nicely-flavoured stock. When boiling, stir in two tablespoonfuls of crushed tapioca; keep stirring till the tapioca looks clear; add the tomatoes; make all hot together, season with pepper and a little salt, if required, and serve.

Turtle Soup from Dried Turtle-Flesh.—Very good real turtle soup can be made from dried turtle-flesh; and as this flesh is now sold at 5s. a pound, and half a pound will make two quarts of soup, it is by no means expensive. Indeed, at Christmas time, when a calf's head will sometimes fetch from 10s. to £1, soup made from turtle-flesh, dried, is cheaper than mock-turtle soup made from the fresh calf's head.

Take half a pound of dried flesh, soak it in warm water for half an hour, dry it with a cloth, and put it into, say, a quart of No. 1 Stock before it is cleared, or has any extract of meat added to it. Put it on early in the morning to boil, and let it boil all day. More stock must be added as it boils away. At night turn it out into a basin, and cover it over with a clean cloth. It will probably be tender. Put it on again the next day to boil, the first thing in the morning, adding more stock. If water is added, it will require another onion, a few sticks more celery, and a handful of parsley. If stock is added, and these were in the stock with the knuckle of veal, there will be no occasion for any fresh vegetable to be added. If possible, procure a pound of conger-eel, or one pound and a half of fresh eels: boil these in the soup, take them out when tender and throw them into boiling water, and serve them for lunch, or keep them as a separate dish. (*See* Eels Souchet, p. 48.) — Serve in the water with a few sprigs of parsley, and with thin brown bread and butter.

Next take a little stock, say half a pint. Put it in a stewpan, with two tablespoonfuls of dried basil, one of marjoram, a teaspoonful of thyme, and, if possible, a teaspoonful of dried pennyroyal.

Let these herbs stew for an hour; keep the lid on.

Take off the stewpan, still keeping on the lid. Let it get cold, or nearly so; then strain off the stock through a strainer into a basin, squeezing as much goodness as possible out of the herbs.

When the flesh is as tender as calf's head, cut up the meat into pieces two inches square. Add the stock flavoured with the herbs gradually till the soup acquires the right flavour. These herbs vary so very much in quality that more explicit directions might mislead. Season the soup with cayenne, and, if necessary, clear it, taking out the now tender flesh first.

Then add a good brimming tablespoonful of extract of meat, and half a tumbler of Madeira or golden sherry. Good No. 1 Stock must have been added to make the whole quantity two quarts. If possible, boil a good-sized piece of lean ham in the stock. This is a very great improvement. Make a couple of dozen egg-balls the size of marbles. (*See* Egg-Balls, p. 21.) Boil these separately, and add to soup the last moment. Add also the juice of half a lemon, and serve some cut lemon and cayenne with the soup.

If care is taken with the stock, this soup will be fairly clear, and, if strained through a jelly-bag two or three times, will very likely not require clearing.

Turtle Soup, Thick.—Proceed as in the above recipe, using

No. 2 Stock instead of No. 1, and thicken with brown roux. Let the soup boil gently for some time to clear itself of the fat or butter in the roux.

Vegetable Marrow Soup.—Take a large vegetable marrow; boil it in a quart of No. 2 Stock. This stock must not have any extract of meat in it. Boil the marrow and the stock away till the whole becomes a pulp. This will take some time, as the marrow itself contains a good deal of water. When it is reduced to a thick pulp, take care it does not burn. Add it to a pint and a half of boiling milk, and mix. Pass it through a wire sieve, and serve with fried bread. Flavour with pepper and salt, and a "suspicion" of nutmeg. A bay-leaf may be boiled in the milk. A small slice of raw ham boiled in this soup is a very great improvement: a piece of a "cushion rasher" will do. Thicken with white thickening or butter and flour. The butter should not be skimmed off.

Vermicelli Soup. — Wash a little vermicelli, and boil it till tender in some water. Drain it off, and add it to some nice bright Stock No. 1. A little *extra* extract of meat can be put to this delicate soup, and a bead of garlic can also be added.

White Soup.—White soup is in reality white sauce, only in larger quantities and not quite so strong. White soups, such as celery, cauliflower, Palestine, potato, vegetable marrow, have all the same basis—viz., reduced stock and boiling milk, and only differ as to which stewed vegetable is rubbed through the wire sieve.

Egg-Balls for Soup.—Powder some hard-boiled yolks of egg, and add sufficient raw yolk to make the mixture into a paste that can be rolled. Add some pepper, salt, a little finely-chopped parsley, and a "suspicion" of nutmeg. Roll into balls the size of marbles. Dip the balls into flour and throw them into boiling water till they are set. Then drain them and throw them into the soup before serving.

CHAPTER III.

SAUCES.

Sauces and Gravies, Dr. Kitchiner on.—It is of as much importance that the cook should know how to make a boat of good gravy for her poultry, &c., as that it should be sent up of proper complexion and nicely done. A great deal of the elegance of cookery depends upon the accompaniments to each dish being appropriate and well adapted to it. The most homely fare may be made relishing, and the most excellent and independent improved by a well-made sauce—as the most perfect picture may by being well varnished. "It is the duty of a good sauce," says the editor of the *Almanach des Gourmands*, "to insinuate itself all round and about the maxillary glands, and imperceptibly awaken into activity each ramification of the organs of taste; if not sufficiently savoury it cannot produce this effect, and if too piquant it will paralyse, instead of exciting, those delicious titillations of tongue and vibrations of palate that only the most accomplished philosophers of the mouth can produce on the highly educated palates of thrice-happy *grands gourmands*."

Let your sauces each display a decided character; send up your plain sauces (oyster, lobster, &c.) as pure as possible; they should only taste of the materials from which they take their name. The imagination of most cooks is so incessantly on the hunt for a relish, that they seem to think they cannot make sauce sufficiently savoury without putting into it everything that ever was eaten; and supposing every addition must be an improvement, they frequently overpower the natural flavour of their plain sauces by overloading them with salt and spices, &c. But remember, these will be deteriorated by any addition, save only just salt enough to awaken the palate. The lover of "piquance" and compound flavours may have recourse to "the magazine of taste." On the contrary, of compound sauces, the ingredients should be so nicely proportioned that no one be predominant; so that, from the equal union of the combined flavours, such a fine, mellow mixture may be produced whose very novelty cannot fail of being acceptable to the persevering *gourmand*, if it has not pretensions to a permanent place at his table.

An ingenious cook will form as endless a variety of these compositions as a musician with his seven notes, or a painter with his colours; no part of her business offers so fair and frequent an opportunity to display her abilities. Spices, herbs, &c., are often very absurdly and injudiciously jumbled together. Why have clove and allspice, or mace and nutmeg in the same sauce?—or marjoram, thyme, and savoury?—or onions, leeks, shallots, and garlic? One will very well supply the place of the other, and the frugal cook may save something considerable by attending to this, to the advantage of her employers, and her own time and trouble. You might as well, to make soup, order one quart of water from the Thames, another from the New River, a third from Hampstead, and a fourth from Chelsea, with a certain portion of spring and rain-water.

To become a perfect mistress of the art of cleverly extracting and combining flavours, besides the gift of a good taste, requires all the experience and skill of the most accomplished professor, and especially an intimate acquaintance with the palate for which she is working. Send

your sauces to table as hot as possible. Nothing can be more unsightly than the surface of a sauce in a frozen state, or garnished with grease upon the top. The best way to get rid of this is to pass it through a tamis or napkin previously soaked in cold water; the coldness of the napkin will coagulate the fat, and only suffer the pure gravy to pass through; if any particles of fat remain, take them off by applying filtering paper as blotting paper is applied to writing. Let your sauces boil up after you put in wine, anchovy, or thickening, that their flavours may be well blended with the other ingredients; and keep in mind that the *chef-d'œuvre* of cookery is to entertain the mouth without offending the stomach. The cook's judgment must direct her to lessen or increase either of the ingredients according to the taste of those she works for, and she will always be on the alert to ascertain what are the favourite accompaniments desired with each dish.

When you open a bottle of ketchup, essence of anchovy, &c., throw away the old cork and stop it closely with a new cork that will fit it very tight. Economy in corks is extremely unwise; in order to save a mere trifle in the price of the cork, you run the risk of losing the valuable article it is intended to preserve. It is a vulgar error that a bottle must be well stopped when the cork is forced down even with the mouth of it; it is rather a sign that the cork is too small, and it should be re-drawn and a larger one put in.

Admiral's Sauce.—Make half a pint of melted butter, and put into it one teaspoonful of chopped capers, three or four shallots chopped, two pounded anchovies, and a little thin lemon-rind. Let all simmer gently; add pepper, salt, and the juice of a lemon, and serve in a tureen. Time to simmer, till the anchovies are dissolved. Sufficient for a pint of sauce.

Allemand Sauce.—Put into a saucepan one pint of white stock, with a little salt, six mushrooms, a thin strip of lemon-peel, and a little parsley. Let it boil, then draw it to the side of the fire, and allow it to simmer slowly for half an hour or more. Thicken it with a little flour, let it boil for a few minutes, and strain. Add the beaten yolks of three eggs, and replace it on the fire. Stir it constantly, and make it thoroughly hot; but it must not boil up again, or the sauce will be spoiled. When off the fire, stir a little butter into it, and the juice of half a lemon.

Allemand Sauce (another way).—Put into a saucepan two ounces of butter. When melted, stir in briskly a dessertspoonful of flour and half a pint of white stock. Add a little lemon-peel, salt and pepper to taste, a small lump of sugar, an onion, and a little nutmeg. Let all simmer by the side of the fire for a short time, and then strain. Mix with the sauce half a cupful of milk or cream, and the yolk of one egg; put it on the fire once more, and stir it briskly till it thickens. It must not boil. Add a little lemon-juice. Time, forty minutes.

Anchovy Sauce.— Take a quarter of a pint of butter sauce (*see* Butter Sauce), and add to it a dessertspoonful of grocers' anchovy sauce (essence of anchovy). This sauce is improved by adding some port wine dregs, a little cayenne pepper, a little lemon-juice, and just a "suspicion" of nutmeg. Serve with boiled or fried fish, separately. It should never be poured either over or round fish of any description.

Apple Sauce.—Peel and quarter some apples, and carefully remove all the core. Place them in a saucepan with sufficient water just

to moisten them and prevent them sticking, and, when sufficiently tender, beat them into a pulp with a fork. A small quantity of sugar may be added, as well as a few strips of lemon-peel and a few cloves. This is purely a matter of taste. German cooks would add a little vinegar to make the apples more acid; English, a little sugar to make them less acid. Recollect, apple sauce is generally eaten with roast goose, roast duck, or roast pork—all rich things, therefore do not add any butter, as is often recommended. The sauce is best as plain and as simple as possible. I should recommend no sugar if the apples are fairly sweet, or flavouring of any kind whatever.

Boar's Head Sauce.—Cut the rind from two oranges, and slice them. Rub two or three lumps of sugar on two more oranges, put the sugar into a basin with six or seven tablespoonfuls of red currant jelly, a little white pepper, one shallot, one spoonful of mixed mustard, and enough port wine to make the sauce as thick as good cream; add the orange-rind slices, which should be cut very thin, and bottle for use. The sauce is useful for nearly every kind of cold meat, especially cold pickled pork.

Béchamel Sauce.—This is a most delicious sauce, and can be made good and cheap without the use of cream. To make a pint of Béchamel, take a quart of No. 1 or No. 2 Stock, and place it in an open saucepan to boil away. Boil a pint of milk separately, and, if possible, put a bay-leaf in the milk, and just a "suspicion" of nutmeg—rub a nutmeg once across the grater, but don't rub it back again. When the stock has boiled away to about a quarter of a pint—take care, if the stock is strong, that you don't boil it away so much that it gets sticky and begins to turn colour, *i.e.*, don't boil it to what cooks call a glaze—pour the boiling milk on to the reduced stock, and stir it up. Then thicken with some white thickening, or butter and flour, till it is as thick as cream. If it is not smooth, pass it through a sieve. Remember, no extract of meat must have been put to No. 2 Stock. Probable cost of one pint, fivepence. A pint is a large quantity, but you can make less by following out the principles of the above directions.

This delicious sauce should be used more frequently than it is. It is a great help to warm up cold fowl, cold veal, or any white meat. It can be served with potatoes. It is invaluable with sweetbreads of every description.

Béchamel Sauce (Quick and Cheap).—Take a little stock (white), and put it into a saucepan to boil. Thicken it with a little white thickening. Season with pepper and salt. A bay-leaf may be boiled in the stock, and just a "suspicion" of nutmeg. A few drops of lemon-juice may be added at the last moment.

Béchamel Sauce, Fish.—Whenever you boil fish, try and get some bones to make fish Béchamel, as its cost is almost nil, and yet it is a most delicious accompaniment to fish.

Suppose we have a sole filleted. Take the backbone and fins, and place them in a little water to boil. A tiny piece of onion may be added. Boil them for some time, till the water is reduced to half a pint, then thicken with some white thickening, or plain butter and flour, till it is as thick as double cream. Season with pepper and salt, and, if you have a bottle of essence of almonds in the house, you can act as follows:—Turn the bottle upside-down on to the cork; take out the cork, and touch a spoon with the wet end of the cork. Stir the sauce with this

spoon. This will be sufficient to flavour the sauce. Also a little chopped parsley may be thrown in, and a few drops of lemon-juice. This is a very cheap sauce, as the backbone and fins of a filleted sole are generally thrown away. The stock made from them would make a hard jelly when cold. It is much nicer than butter sauce, or ordinary melted butter, and far cheaper. Probable cost of a quarter of a pint, one penny. You may get this sauce made *exactly* this way at some great public dinner. You would then think, very likely, "What a delicious fish sauce! It must be very expensive."

Brandy Sauce. (*See* PLUM PUDDING SAUCE.)

Brawn Sauce.—Mix together two teaspoonfuls of moist sugar, one of mustard, and one of the best Lucca oil. When quite smooth, add more vinegar and oil in equal proportions, although some prefer more of the one than of the other. Care must be taken to make the sauce quite smooth, and of a nice rich golden colour.

Bread Sauce.—Make some bread-crumbs and boil some milk. When the milk boils, throw in the bread-crumbs and boil them in the milk for a few minutes. A few peppercorns and a little salt should be added, and an onion can be placed in the sauce for a few minutes to impart a flavour to it. The onion should be taken out whole, and care should be taken that no little pieces of onion are left behind in the sauce. Just before sending to table, mix in a little piece of butter, and also add a "suspicion" of nutmeg. The consistency of bread sauce should be rather more milk than will soak up the bread-crumbs.

Butter Sauce, or Melted Butter.—This is a most important sauce, but rarely made properly by English cooks, who, as a rule, make it too thick with flour, and also generally make quite ten times the quantity really required. Good butter sauce, or melted butter, is made as follows:—Take a quarter of a pound of butter, and cut it into half a dozen pieces the same size. Take one of these pieces and place it in a small saucepan with about the same quantity of flour. Dissolve the butter, and mix the flour with it. Now add half a tumbler of water, or stock, or fish stock, and stir it up, and bring it gently to a boil. This will cause it to become about as thick as cream. Add a "suspicion" of nutmeg, then gradually add and melt in the remains of the quarter of a pound of butter; do not let it boil, and add the butter the last thing. It is apt to curdle, or rather decompose. A little cold water will often restore it. This really delicious sauce is adapted for all kinds of fish, both boiled and fried. It is somewhat expensive, and should be made in small quantities, as if properly made it is very rich, and a little will go a long way.

Butter, Black.—This is known under the names of Nut-brown Butter, Burnt Butter, and Beurre Noir. Take two ounces of butter, melt it in a frying-pan till it turns a rich brown colour, then add half a teaspoonful of chopped capers, a teaspoonful of Harvey's sauce, and a teaspoonful of mushroom ketchup, and a little black pepper. A piece of brown thickening or a piece of glaze—as big as a lump of sugar—dissolved in it, is an improvement.

This sauce is served with boiled skate, and is very suitable for any coarse boiled fish.

Butter, Oiled.—This is a very common sauce abroad for boiled fish, and is very nice, and quickly made. Take a piece of butter, place it in a

sauce-tureen, and place the tureen in the oven till the butter is oiled.

Caper Sauce.—Caper sauce is generally served with boiled mutton or boiled fish. Take a small quantity —say, half a pint—of the liquor in which the meat or fish is boiled; thicken it with a little white thickening, and add a dessertspoonful of chopped capers. To make caper sauce very good, add more chopped capers, and melt in more butter. Chopped pickled gherkins are a cheap substitute for capers.

Celery Sauce.—Take a large head of celery, place it in a stewpan with half an ounce of butter and a little stock. Greasy stock will do, but the stock must be white. Stew till tender, and then rub through a wire sieve, and add an equal quantity of milk, boiled separately. A "suspicion" of nutmeg may be added, and a piece of lump sugar. A little cream is a great improvement, if only a tablespoonful. Celery sauce is served with boiled turkeys and boiled fowls, and with boiled rabbit. It also makes a nice entrée with hard-boiled eggs.

Cherry Sauce.—Take one pound of sound, ripe cherries, wash and stone them. Blanch the kernels, and put them in a saucepan, with just enough water to cover them, and let them simmer gently until the flavour is thoroughly extracted. Put the cherries into a saucepan with a pint of water, a glass of port, four cloves, a slice of bread toasted, and a little sugar. Let these stew gently until the fruit is quite soft, then press the whole through a sieve, add the liquid from the kernels, boil up once more, and serve. Time, three-quarters of an hour. Sufficient for a pint of sauce.

Cockle Sauce. — Prepare a gallon of cockles as for boiling (*i.e.*, wash them thoroughly from all sand). Set them on the fire, and when the shells open strain the liquid from them, throw the shells away, and strain the liquid through muslin, to clear it from sand. Stir in a pint of good melted butter, and add a tablespoonful of vinegar, or the juice of a lemon, and half a teaspoonful of white pepper. Stir the sauce over the fire for two or three minutes, but do not let it boil, and serve it with cod or haddock. Time, about twenty minutes altogether. Sufficient for four pounds of fish.

Cucumber Sauce. — Take three young cucumbers, slice them rather thickly, and fry them in a little butter till they are lightly browned. Dredge them with pepper, salt, and grated nutmeg, and simmer them till tender in as much good brown gravy as will cover them. White sauce or melted butter may be substituted for the gravy if these are more suitable for the dish with which the cucumber sauce is to be served. Time, about a quarter of an hour to simmer the cucumbers. Sufficient, three young cucumbers for one pint of sauce.

Curry Sauce.—Take six large onions. Peel and slice them, and fry them of a nice brown colour in a frying-pan, using about two ounces of butter. Next, take two sour apples, about the same size as the onions, or rather larger, peel them, cut them up, and carefully remove the core. Add these pieces of apple to the fried onions in the frying-pan, and also a pint of good Stock No. 1 or 2.

Let it all simmer till tender; then add a dessertspoonful of Captain White's Curry Paste and a dessertspoonful of curry powder.

Rub the whole through a wire sieve, and if not sufficiently thick, add a little brown thickening. Make whatever meat has to be curried hot in this sauce, and, if possible, warm

up two or three bay-leaves (whole) in it, sending the bay-leaves to table in the curry.

If you have no curry paste, you must use an extra quantity of curry powder.

If the curry powder be old and poor, add a teaspoonful of some freshly-powdered coriander-seeds—these can be got from any chemist.

When you curry fish you can use fish stock, and less onion, and it is best not to brown the onion when the curry sauce is used for fish. Bay-leaves are always a great improvement made hot in the sauce and kept in it. These should never be forgotten where there is a bay-tree.

Curry sauce can be varied in flavour by adding grated cocoanut; and for Indian palates cayenne should be added, as well as chillies served up in it whole. Curry is a favourite dish in hot climates, and especially India. One large tablespoonful of chutney is a great improvement when added to curry sauce.

Devil Sauce.—Mix a dessertspoonful of ordinary made mustard with an ounce of oiled butter; add cayenne and black pepper to taste. Mix thoroughly, and pour over a chop or any grilled meat. This sauce gets thicker as it cools; a little Worcester sauce may be added.

Dutch Sauce.—Thicken a little butter sauce (*see* Butter Sauce) with the yolks of two eggs. Take care the yolks don't curdle. Add one or two tarragon-leaves chopped very fine or a pinch of dried tarragon; a little lemon-juice the last thing, and very little grated nutmeg. A quarter of a pint of butter sauce to two yolks, and rather more than a teaspoonful of lemon-juice, and a little pepper and salt.

Egg Sauce.—Make some butter sauce (*see* Butter Sauce), and, if for fish, use the fish stock for the sauce. Cut up some hard-boiled eggs into little pieces, and warm them up in the sauce. The eggs should be cut up very fine, but not quite minced.

Espagnole. (*See* Gravy.)

Fennel Sauce. — Make some good melted butter. (*See* Butter Sauce.) Blend the butter and flour together, reserving a little of the butter to stir in after it has thickened and been removed from the fire. Chop enough of fennel to fill a tablespoon, and put it with the butter when it is on the point of boiling. Do not let it boil, but simmer for a minute or two, then remove, and stir in the remaining butter. Serve in a tureen. Sufficient for five or six mackerel.

Genevese. (*See* Salmon, p. 60.)

Genoa Sauce for Fish. — Pound smoothly in a mortar a clove of garlic, three dessertspoonfuls of capers, a dessertspoonful of curry powder, a teaspoonful of raw mustard, and six boned anchovies. When thoroughly mixed, add four tablespoonfuls of sherry, a small tumblerful of cold water, and three tablespoonfuls of vinegar. Boil all together in a saucepan, and mix in half a pint of good melted butter. Time, a quarter of an hour to boil. Sufficient for one pint of sauce.

German Sauce (for brawn, cold pickled pork, or boar's head).—Dissolve a quarter of a pound of red currant jelly and mix with it the juice and thinly-shred rind of a large orange, a heaped tablespoonful of scraped horse-radish, a tablespoonful of finely-sifted sugar, a dessertspoonful of mixed mustard, two tablespoonfuls of vinegar, and four of salad oil. Put the sauce in a cool place till wanted, and send to table in a tureen. Time, twenty minutes to prepare. Sufficient for half a pint of sauce.

Gravy — Clear, and Rich Brown, often called Sauce Espagnole.—It is very rarely that really

good gravy is met with in small private houses, the simple reason being that cooks have never heard of brown thickening.

Good, clear gravy, when served separate in a tureen—I do not mean what runs out of a joint—is simply good clear stock reduced. Good, rich, brown gravy is simply good stock, such as No. 2 Stock, reduced and thickened with brown thickening. Suppose you want some good, rich, brown gravy for a roast goose, hare, turkey, fowl, or any kind of game; the gravy to be served in a tureen separate. Take some No. 2 Stock. We will take good, fair stock to mean that it is a light jelly when it is cold. To make what we may call *rich* brown gravy out of this, you must boil it half away. That is, a quart of stock will make a pint of gravy. Next, thicken this with brown thickening. Let it be of the consistency of good cream. Let it boil, and take care that the fat and grease—in fact, the butter in the brown thickening—is thrown up and skimmed off. If the brown thickening was rather light in colour, a few *drops* of "caramel" may be added. Don't spoil the gravy with ketchup added in any quantity: a *very* little may be added. Worcester sauce spoils gravy. If you feel dissatisfied with it on account of its simplicity, put in one or two beads of garlic, or a teaspoonful of port wine dregs, or a teaspoonful of tomato pulp, especially for fowls or turkeys, but not for game. Better than all, some more extract of meat. If you wish to add wine, add it very sparingly. In fact, remember the best gravy is that in which the original flavour of the meat is the most retained.

Gravy before serving should always be strained once, to make sure of there being no burnt pieces, &c. The best wine for gravy is Madeira; next, golden sherry. It is a common mistake to add too much. You cannot be too careful about removing all the grease from gravy, especially when brown thickening has been used.

Hollandaise. (*See* Dutch.)

Horse-radish Sauce.—Place half a pint of milk in a tureen, add and dissolve in it a tablespoonful of Swiss milk and a dessertspoonful of made mustard; add two tablespoonfuls of vinegar, a little pepper, and sufficient grated horse-radish to make the whole rather thicker than double cream. This latter operation, which will take about two sticks of horse-radish, is a troublesome process, and will make your eyes water. The sauce, which is suitable for hot and cold beef of every description, will, however, amply repay you for the trouble.

Italian Sauce.—Fry six mushrooms and two shallots, finely minced, in an ounce of butter. When brown add a quarter of a pint of good stock, and half a pint of Espagnole or good brown gravy sauce. When the latter is not at hand, take half a pint of stock, and a glass of champagne or other light wine. Add a little thyme, and one or two bay-leaves, which can be strained off after flavouring the sauce. Time to simmer, after the stock is added, twenty minutes. The above ingredients are sufficient to fill a sauce-tureen.

Lobster Sauce.—Make half a pint of butter sauce, using the water in which the shell of a lobster has been boiled after being broken up. Mix into the butter sauce a teaspoonful of lobster butter—this will make it a bright red; add a saltspoonful of anchovy sauce, a pinch of cayenne pepper, and a tablespoonful of the meat of a lobster. Add a very little lemon-juice—about a saltspoonful—the very last thing of all. The remaining meat of a lobster should be utilised for making lobster salad or cutlets. (*See* Lobster Cutlets, p. 173.)

Maître d'Hôtel Sauce.—Take a small quantity of Béchamel sauce (*see* Béchamel); say, half a pint. Make this hot in a small saucepan, then dissolve in an ounce of butter: add a brimming teaspoonful of chopped parsley and the juice of half a lemon. Flavour with pepper and salt.

A cheaper way, but not so good, is to add a brimming teaspoonful of chopped parsley and the juice of half a lemon, and a little pepper and salt, to half a pint of good butter sauce. (*See* Butter Sauce.)

N.B.—Anything, such as potatoes, sole, salmon cutlets, &c., served "*à la Maître d'Hôtel*," simply means that they are served up in this sauce.

Mayonnaise Sauce. — This is a most delicious sauce, very easy to make, if care is taken to observe every minute detail given in the directions for making it. Mayonnaise sauce is simply yolk of egg and oil beaten to a butter. This butter is only formed under the following circumstances. First, the oil must not be warm, and yet it must be bright and not at all frozen. If in summer, therefore, it will be well to stand the bottle of oil in some cold spring-water, or some water with a piece of ice in it, for about half an hour. If in winter, and the oil is cloudy, place the bottle in lukewarm water till the oil becomes perfectly bright, but be careful not to let it get too warm. Next, take a basin, and break an egg, carefully separating the yolk from the white. Get rid of all the white, and place the yolk in the basin, break it, and remove the thread that very likely will cling to it. Next, beat up the yolk with a fork, and drop some oil on it drop by drop, very slowly at first. Gradually it will become thicker and thicker, as more oil is added. When it gets fairly thick you can add the oil a teaspoonful, or even more, at a time, but you must keep beating.

Recollect, to get mayonnaise sauce really thick like butter, you must add plenty of oil and beat it up patiently. When it is just as thick as ordinary fresh butter on a summer's day, it is finished. Mayonnaise sauce is flavoured with pepper and salt and vinegar. The pepper should be white, and so also the vinegar. As mayonnaise sauce is generally required to mask over surfaces, it is desirable to have it as thick as possible. Instead, therefore, of adding ordinary vinegar to give it a slight acidity, get some concentrated vinegar at the chemist's in the form of dilute acetic acid. Half a teaspoonful of this equals a tablespoonful of vinegar, so you have the slight acid flavour without making the sauce thin. The common cause of failure in making mayonnaise sauce is—first, that English cooks think it should be liquid instead of a solid. Secondly, they put the salt and pepper in at starting, or else add vinegar and oil alternately. The mayonnaise sauce made this way is more of a salad dressing than real mayonnaise.

Mint Sauce.—Chop up enough mint, very finely, to fill a tablespoon piled up. Put this mint in a tureen, with three tablespoonfuls of water and a dessertspoonful of moist sugar. Press and squeeze the mint, and let it soak as long as possible. Add one tablespoonful of vinegar.

N.B.—A small pinch of mint floating in half a pint of vinegar, is not mint sauce.

Mushroom Sauce.—Peel and cut up some mushrooms — button mushrooms are best—and boil them in some good rich brown gravy. (*See* Gravy.) Sufficient mushroom must be added to make the gravy about as thick as egg sauce.

Mushroom Sauce, White.—Use white or Béchamel sauce instead of brown gravy. (*See* above recipe.)

Mussels, Sauce of.—Clean, boil, and beard the mussels, put them with their juice into a stewpan, season with cayenne and salt, and let them heat slowly, but do not let them boil. Stir in rich melted butter or thick cream until the sauce is of the proper consistency. A dessertspoonful of vinegar may be added. Strain the juice of the mussels through a piece of muslin.

Mustard Sauce.—Blend together on a plate three ounces of butter with a dessertspoonful of browned flour, half the quantity of the best Durham mustard, and a little salt. Stir these ingredients, when smoothly mixed, into a quarter of a pint of boiling water, and simmer five minutes. Add enough vinegar to flavour, and serve as a sauce for fresh herrings.

Onion Sauce.—Parboil three good-sized onions, strain them, remove the core, and chop them finely on a chopping-board. Put them into half a pint of milk, and stew them gently for half an hour. Thicken the mixture slightly with a little white thickening, or with butter and flour. Season with a little pepper and salt. If the onion sauce is liked rather mild, use Spanish onion—one large Spanish onion will be sufficient for half a pint of milk.

Onion Sauce, Brown.—Fry the chopped onions till they are a light brown and serve in some rich brown gravy.

Oude Sauce, for Cold Meat.—Mince two onions very finely. Fry them in two ounces of clarified butter, and stir them about until they are lightly browned without being burnt. Add half a dozen chillies cut into small pieces, a quarter of a teaspoonful of salt, and one ounce of the flesh of a dried haddock which has been torn into flakes with two forks. Stir all well together for three or four minutes, and whilst stirring add, in small quantities at a time, a dessertspoonful of strained lemon-juice, two tablespoonfuls of tomato-pulp, and a little water. When the sauce is as thick as paste it is ready for serving. It should be made the day on which it is to be used. Time, altogether, about twenty minutes. Sufficient for four or five persons.

Oyster Sauce.—Place a dozen oysters in a small saucepan, with their liquor, and add sufficient milk to cover them. Scald them by bringing the liquor to a boil, and instantly strain off the oysters. Thicken the milk and liquor with some white thickening till it is as thick as cream. Dissolve in an ounce of butter. Add a little pepper and a teaspoonful of anchovy sauce (grocers'), also a "suspicion" of nutmeg, and a little drop of lemon-juice may be added the last thing before pouring over the oysters in the tureen. A dozen good-sized blue-points would make nearly a pint of sauce. The oysters should be cut in half, or, if large, into three or even four pieces, and the liquor strained through a strainer into the saucepan.

Oyster Sauce from Tinned Oysters.—When oysters are too dear, or out of season, a very nice sauce can be made with tinned oysters as follows:—Open a tin and turn the contents, oysters and all, into a saucepan, with a little milk, and let it boil up; then turn it out on to a wire sieve, and rub all the oysters, which are hard, as a rule, through the sieve. Pour back the sauce into the saucepan, and thicken it with white thickening, or with butter and flour. Dissolve in an ounce of butter, add a teaspoonful of anchovy sauce (grocers'), season with

pepper and salt if wanted, and add a little lemon-juice the last thing.

Parsley and Butter Sauce.—Get some fresh parsley; wash it, and let it dry; chop it very fine. Add a tablespoonful of this to half a pint of butter sauce (*see* BUTTER SAUCE) or white sauce (*see* WHITE SAUCE). Throw the parsley into the sauce when boiling. This preserves the green colour. Boil for five or ten minutes before serving.

Piquante Sauce.—The almost universal fault with sauce piquante is, that it is too acid. Take a dessertspoonful of chopped shalot, or Spanish onion, another of capers, and another of pickled gherkins. Place this in a frying-pan or saucepan with a tablespoonful of vinegar, and let it simmer gently till the vinegar has simmered away all but a few drops; then add a quarter of a pint of good gravy. If the gravy is not thick, add some brown thickening. Add also a saltspoonful of salt. Skim the sauce, so as to get rid of any grease. A pinch of thyme and a powdered bay-leaf will be found an improvement. Unless the vinegar is allowed to evaporate *almost* entirely, this sauce will be too acid.

This is a nice appetising sauce with mutton cutlets.

Plum Pudding, Sauce for.—Plum pudding when served at Christmas is generally sent to table with brandy only poured over it and lighted. At other times, or when sauce is required, sweetened melted butter, flavoured with brandy, may be served in a tureen, or any of the following sauces:—

Rich Sauce.—Take two spoonfuls of pounded lump sugar, and, if liked, a pinch of grated lemon-rind. Put it into a bowl by the side of the fire, and pour over it a tablespoonful of brandy and two ounces of clarified butter. When the sugar is thoroughly dissolved pour in another tablespoonful of brandy and a glass of sherry. Stir the sauce a minute, and pour it over the pudding, or serve in a tureen. If liked, the mixture may be stirred into a quarter of a pint of thick melted butter, and sent to table with a little nutmeg grated over it. Time, five or six minutes. Sufficient for four or five persons.

Almond Sauce.—Blanch an ounce of sweet almonds and four bitter ones, and pound them to a smooth paste with a tablespoonful of orange-flour water. Mix with them three ounces of pounded sugar, and pour over them a quarter of a pint of boiling cream. Stir the sauce until it is well mixed. Add the yolks of two eggs, and stir it over a slow fire until it begins to thicken. Whisk it to a froth, and serve. Sufficient for four or five persons.

Arrowroot Sauce.—Mix a tablespoonful of arrowroot to a smooth paste with two tablespoonfuls of water. Add two tablespoonfuls of loaf sugar and a third of a pint of milk or water. Stir the sauce over the fire until it boils. Flavour with wine, liqueurs, or any kind of flavouring. Time, fifteen minutes, made with water and flavoured with lemon. Sufficient for four or five persons.

Poor Man's Sauce.—Mince an onion or two or three shallots finely. Fry it in a little dripping until it is tender; then pour over it a glass of vinegar and a glass of water or broth, and add a little pepper and salt. Let the sauce simmer gently a few minutes, and serve. A tablespoonful of mushroom ketchup can be added or not. Sufficient for three or four persons.

Provençale Sauce.—Put a spoonful of salad oil into a stewpan with a clove of garlic, two ounces of raw lean ham, a tablespoonful of chopped shallots, and three tablespoonfuls of chopped raw mush-

rooms. Stir these ingredients over the fire for five minutes, then add a bay-leaf, a sprig of thyme, a glassful of sherry, half a teaspoonful of peppercorns, and half a blade of mace, and a little stock. Simmer gently for a quarter of an hour. Take out the herbs and garlic, and add a little rich brown gravy. Simmer five minutes, carefully skim the sauce, rub it through a wire sieve, heat it again, and serve very hot. A tablespoonful of lemon-juice should be added at the last moment, or, if preferred, three or four ripe tomatoes may be boiled in the sauce until they are soft enough to pass through the sieve. Time, half an hour. Sufficient for four or five persons.

Prune Sauce.—Wash a quarter of a pound of prunes, and simmer them in as much water as will cover them until they are quite soft. Drain and stone them, and blanch the kernels. Put fruit and kernels into a stew-pan with the liquid in which they were boiled, a glassful of port wine, the strained juice of half a lemon, a small strip of thin lemon-rind, a teaspoonful of moist sugar, and a pinch of powdered cinnamon. Simmer gently for ten minutes, and then rub the sauce with the back of a wooden spoon through a coarse sieve. If the pulp is too thick, dilute it with a little water. Time, one hour. Sufficient for half a dozen persons. Prune sauce used to be served with sucking pig, and is mentioned in Goldsmith's *She Stoops to Conquer*.

Radish, Horse. (*See* HORSE-RADISH.)

Ravigote Sauce for Meat and Poultry of Various Kinds.—Work an ounce of flour smoothly into two ounces of butter. Add the strained juice of half a lemon, a dessertspoonful of chopped parsley, and a little pepper and salt. Put the paste into a saucepan with a quarter of a pint of milk or cream, and stir until it is on the point of boiling. Have ready in a separate saucepan a tablespoonful of tarragon vinegar, a tablespoonful of chilli vinegar, a tablespoonful of Worcester sauce, and a tablespoonful of the essence of anchovies. Boil this mixture for three or four minutes, mix it with the sauce which has slightly cooled, and serve. Time, twenty minutes. Sufficient for five or six persons.

Robert Sauce.—No. 1. Dissolve a piece of butter the size of a walnut in a saucepan, and fry in it two moderate-sized onions finely chopped. When they are lightly coloured, pour over them a wine-glassful of vinegar, and simmer for four minutes. Add an ounce of brown thickening, or, failing this, stir in a tablespoonful of flour, half a pint of broth or water, a quarter of a teaspoonful of extract of meat, a quarter of a teaspoonful of pepper, and the same of salt. Stir the sauce over the fire for twenty minutes, then add a tablespoonful of French mustard, a teaspoonful of mushroom ketchup, and a teaspoonful of anchovy essence. Mix all well together over the fire, and serve. If French mustard cannot be had, English mustard must be used, but it will not answer the purpose nearly so well. A spoonful of port is sometimes added.

No. 2. The following is a more simple recipe than the above. Slice two onions, and fry them in butter till they begin to turn yellow. Pour over as much brown gravy as will cover them, add a tablespoonful of mustard, a teaspoonful of salt, a quarter of a teaspoonful of pepper, and simmer very gently, adding more gravy if necessary, till the onions are tender. Rub them through a fine sieve, mix with the pulp some more gravy, say a quarter of a pint, boil once more, and

serve. Time to prepare, half an hour. Sufficient for half a dozen persons.

Salad Sauce.—The nicest of all salads is plain French lettuce-leaves, young, crisp, and dry. Old lettuces that have got bitter are worse than useless. Take a salad-bowl, and rub the bottom of it with a bead of garlic or a slice of onion. Add the leaves of three French lettuces, quite dry. If possible avoid washing the leaves—simply wipe them on a clean cloth. Next, if possible, add three fresh tarragon-leaves, and a very little parsley, chopped very fine; sprinkle these over the salad. Boil an egg hard and cut it into quarters, and place round the edge of the dish. Do not dress the salad till it is wanted, and then proceed as follows for the above quantity: take a tablespoon, and place in it a saltspoonful of salt and another of black pepper; fill the spoon with oil, holding the spoon in the left hand. Stir up the salt, oil, and pepper with a fork, and pour over the salad, and mix it together for a minute, tossing the leaves round and round very lightly. Then add another tablespoonful of oil, and again mix thoroughly, so that every part of every leaf is thoroughly oiled before the vinegar is added. Then add about half a tablespoonful of vinegar, and again mix thoroughly.

There is an admirable Spanish proverb about dressing salad. It says it requires four persons to mix a salad—a spendthrift to throw in the oil, a miser to drop in the vinegar, a lawyer to add the seasoning, and a madman to stir it together.

Salmis Sauce.—This is a sauce for salmis of partridges, pheasants, &c. Cut four shallots and a carrot into large dice, add some parsley-roots, a few bits of ham, a clove, two or three leaves of mace, the quarter of a bay-leaf, a little thyme, and a small bit of butter, with a few mushrooms. Put the whole into a stewpan over a gentle fire; let it fry till you perceive the stewpan is coloured all round. Then moisten with half a pint of Madeira and a very small lump of sugar. Let it reduce to one-half. Put in six spoonfuls of good brown gravy, and the trimmings of the partridges. Let them stew for an hour on the corner of the stove. Skim the fat off, taste whether the sauce be seasoned enough; strain it over the members; make it hot without boiling; dish the salmis, and reduce the sauce, which strain through a tamis. Then cover the salmis with the sauce.

Sharp Sauce. (*See* PIQUANTE SAUCE.)

Shrimp Sauce.—Pick a quart of shrimps, pounding their heads with a little water to get out the flavour. Add the liquor to rather more than half a pint of butter sauce. Stir in, if possible, half a teaspoonful of lobster butter. (*See* LOBSTER BUTTER.) Add a saltspoonful of anchovy sauce, half a teaspoonful of lemon-juice, and make the shrimps hot in the sauce.

N.B.—Sometimes the shrimps are sprinkled with salt to keep them fresh. In this case, pounding the heads to get out the flavour is of no use, as the liquor will be too salt for use.

Soubise.—Rub some thick white onion sauce through a wire sieve, and add a gill of boiling cream.

Sorrel Sauce.—Pick the stalks and large fibres from a quart of fresh green sorrel, wash it in several waters, drain it, and put it into an enamelled saucepan, with a slice of fresh butter, and stew it gently till tender. Stir it well to keep it from burning. Drain it, and rub it through a coarse hair sieve; season with pepper and salt; add half a teaspoonful of powdered sugar, the juice of half a lemon, if the sauce is for roast veal; or a spoonful

or two of thiek brown sauee, if it is for other roast meat; or a little cream, if wanted white for fowls. Serve when hot. Time, about a quarter of an hour.

Suprême Sauce. — Reduce a quart of elear stock (No. 1 or No. 2) before any extract of meat has been added, till it is less than half a pint, and is nearly a glaze, then add it to a pint of cream previously boiled. In boiling the eream throw in two or three bay-leaves.

Sweet Sauce for Puddings. —Take half a pint of good melted butter made with milk, sweeten it, and flavour with cinnamon, grated nutmeg, or bitter almonds; a little rum or brandy may be added. Serve very hot. Two tablespoonfuls of cream stirred into the sauee at the last moment will help to enrieh it. Time, about a quarter of an hour. Sufficient for six or seven persons.

Tarragon Sauce for Boiled Fowls.—Take a small bunch of tarragon, and put it into a saueepan with a pint of nicely-seasoned white stock, and the white of an egg which has been beaten up with two tablespoonfuls of cold water and a tablespoonful of tarragon vinegar. Whisk all thoroughly over the fire until the broth boils, then draw it to the side, let it simmer gently for a quarter of an hour, and afterwards let it stand to settle for another quarter of an hour. Strain through a jelly-bag, and when clear, reduce the sauce by quiek boiling until it is rich and good. Time, a quarter of an hour to boil, and a quarter of an hour to settle.

Tartar Sauce. — Make some mayonnaise sauce as thick as butter. (*See* Mayonnaise Sauce.) Add to about a quarter of a pint of sauce, a teaspoonful of chopped parsley, which has, if possible, two tarragon-leaves chopped with it, and a piece of onion or shallot the size of the top of the little finger. Or the chopping-board on which the parsley is chopped can be first rubbed with a bead of garlic or a slice of onion. Also add a teaspoonful of made French mustard (English mustard will do, but it is not so good) and a saltspoonful of anchovy sauce.

Tartar sauce should be served with grilled salmon, grilled trout, &c.

Tomato Sauce.—This sauce is generally sold in bottles. It is best to taste this pulp before using it. As the pulp varies in flavour, it is impossible to give any one recipe that will suit all kinds. Suppose, however, the pulp seems like pure tomato pulp, and there is no other flavour, then take a very little white sauce or gravy—say, a couple of tablespoonfuls—boil in this a good-sized pinch of thyme for a few minutes, as well as a slice of onion, and a pinch of cayenne, and a bay-leaf. Strain this into a small stewpan, and add double the quantity of tomato pulp from the bottles. Make hot, and serve.

If possible, boil in the two tablespoonfuls of white sauce, or stock thickened with white thickening, a small piece of raw ham—a bacon bone for instance—this brings out the flavour. The tomato conserve sold by Crosse and Blackwell is absolutely pure.

Truffle Sauce.—Clean and peel four truffles, and cut them into squares of a quarter of an inch each way. Put them into a stewpan with half a pint of good brown sauce, and stir over a gentle fire for ten minutes. Add a glassful of sherry, and, if it is liked, a tablespoonful of strained lemon-juice, and serve. Time, ten minutes to boil the sauce. Sufficient for four or five persons. Truffles can be bought fresh or in bottles; the latter, as a rule, are best in this country.

Velouté Sauce. (*See* White Sauce.)

Venison Sauce.—Melt a large tablespoonful of red currant jelly in a small stewpan. Add six cloves, a little piece of cinnamon, and a strip of lemon-peel. Strain off after half an hour, and add a tablespoonful of port wine. Make it just *warm*. This is very nice with a venison chop.

White Sauce.—White sauce is really good white stock, thickened with white thickening. A piece of lean ham—part of a cushion rasher will do—should be boiled in it. It is sometimes called white "Velouté" sauce. It is an improvement to add a little milk. The milk should be boiled separately first. When white sauce is made by reducing stock and adding boiling milk, or, still better, cream, it should be called "Béchamel" sauce.

A fairly good white sauce for vegetables can be made by boiling a slice of onion, carrot, turnip, or any spare pieces of vegetables, especially onions and strips of celery, in a little milk, and thickening the milk with some white thickening. The milk can be thickened with corn-flour; but it requires butter, and should *not* be skimmed off. A slice of ham boiled in it has a magical effect.

Wine Sauce. — A very good sauce for boiled rice pudding, or suet pudding, can be made by simply mixing brown sugar with wine, such as sherry, cowslip, or raisin. (*See* Sweet Sauce and Venison Sauce.)

Worcester Sauce.—Worcester sauce has for many years been most deservedly popular, and though it comes last among our list of sauces, it certainly does not rank least. Worcester sauce contains a considerable amount of heat—that is, pepper heat. It is also exceedingly rich in flavour. With sauces containing this marked flavour, cooks would do well to bear in mind that just in proportion as they are valuable for some purposes they are unsuited for others. I have known instances of young and inexperienced cooks who have laboured under the delusion that soup is all the better for a variety of compounds, and Worcester sauce has been absolutely used for the purpose of imparting flavour to clear soup. It is needless to say it is extremely unsuited for this purpose. On the other hand, there are many things which are very considerably improved by the addition of Worcester sauce. In making various kinds of rich "devil" sauces for instance, it is exceedingly valuable. Worcester sauce is sometimes used for making that simple but extremely nice dish known as devilled toast. Devilled toast will often tempt persons to take a slight luncheon or to commence breakfast when nothing else will. Make an ordinary slice of toast, toast it on both sides, and have ready the following mixture with which to spread it:—Some butter, soft, but not oiled, some mustard, a little cayenne pepper, and about a teaspoonful of Worcester sauce poured out of the bottle after the bottle has been shaken. Worcester sauce is also exceedingly nice as a fish sauce in conjunction with melted butter. On every occasion on which it is used, housekeepers should bear in mind the importance of having the bottle well shaken, as it contains a thick sediment which will settle. Worcester sauce is an admirable compound when used in moderation to give tone to a variety of dishes. I will mention, however, but one, and that one so generally known, viz., the good old-fashioned Welsh rabbit. I would recommend the cook, in making a small Welsh rabbit, to try the experiment of mixing in with it a teaspoonful of Worcester sauce. It gives the whole dish a rich and gamey flavour.

CHAPTER IV.

LESSONS IN PLAIN COOKING.

To Boil and Simmer.—It may seem a contradiction to say so, but the great art of boiling meat properly is not to let the meat boil. When we speak of boiling meat, we mean that the meat is to be eaten, for very often meat is placed in water for the purpose of getting the juices out of it. We will describe first how to boil a joint of meat—say a leg of mutton or a piece of silver-side of beef, weighing about 8 or 9 lbs., and explain the reasons of what we do.

When the water in a saucepan bubbles at the top and steams, it is said to boil, and if you put meat into it in this state the meat very soon becomes hard and tough. The reason of this is that meat contains a good deal of a substance the same as the white of an egg. Now you know a raw egg is a liquid, but if you boil it, it becomes hard from being heated. Just so with the meat.

When we boil meat to eat it, what we want is to have the meat tender, and as much goodness in it as is possible. In fact our endeavour must be to *keep the flavour in.* Therefore take a saucepan large enough to hold the meat, and place in it a sufficient quantity of water to cover the meat. Add a spoonful of salt. place the saucepan on the fire and bring the water to a boil. As soon as the water boils—and you can tell when it boils by its bubbling—place the joint of meat in it. Be sure that the water covers the meat. Take care, also, that the meat is clean. You should wipe it with a cloth, but do not wash the meat, as by so doing you will lose some of the goodness. Of course, putting in a large joint of meat will stop the water from boiling. Put the lid on the saucepan, which must be kept on the fire, and wait a short time—about ten minutes—then take off the lid and take a large spoon and skim off the surface the dirty sort of froth that has risen to the top. This is called scum, and is one of the very few things in cooking that may be thrown away. This scum will rise before the water begins to boil again, and should be carefully removed at once. When you know more about cooking, you will know that this is more important than you think it is now. As soon as the water boils thoroughly once again, lift the saucepan off the fire on to the side, so as to stop the boiling at once. Now the outside of the meat has been in contact with boiling water, and therefore has got hard, but it is only the outside, and this is what we wanted, as the meat will be entirely surrounded by a rather hard skin, not thicker, perhaps, than a kid glove, which hard skin will help to keep in the juice and gravy, or what we call the goodness.

Let the saucepan now stand for some time off the fire—say for a quarter of an hour or twenty minutes—so that the meat may get hot right through. This will prevent the meat at the finish being over-boiled outside and blue in the middle. Then place the saucepan on the fire again, and let it simmer. The time for simmering should be from ten to twelve minutes for every pound of meat.

Next: Do you understand what I mean by simmer? because this is the point where you will probably begin to break down. My experience is that not one cook in a hundred seems to distinguish between simmering and boiling. They say, "Oh, it's only boiling very gently."

Now it is a fact that water, if it boils at all, is just as hot boiling *gently* as it is when it boils what cooks call furiously. I have, however, given up, years back, the idea of making cooks believe this. They simply won't.

However, simmering *is not boiling at all;* it is keeping the water nearly boiling. When it is in this state little tiny bubbles every now and then come up at the edges, but you must never let it get beyond this point.

The meat will be done after it has simmered for the time I have said. Then take it out of the water, and place it on a dish previously made very hot. Pour about half a pint of the liquor in which it has been boiled over it, and send up another half-pint, or rather more, of boiling liquor about a quarter of an hour afterwards, to be poured over the meat in time for the "second help." When a joint is very small and thin—for instance, a thin piece of neck of mutton—it should be placed in hot water, but not boiling, as you risk making it hard. The water then should only simmer, and should never boil at all.

Salt meat should be put in cold water after being washed thoroughly in fresh water. The water should then be slowly brought up to the simmering point.

In boiling fish, recollect that white fish cooks more quickly than meat; all *large* white fish should be placed in cold water, and then brought gradually to the boiling point, and then be allowed to go off the boil and to simmer gently—*e.g.*, turbot, cod, skate, plaice, large haddocks, hake, halibut, brill. A tablespoonful of salt should be added to every half-gallon of water. Keep the fish white side uppermost. Rub the white side, if possible, with a slice of lemon before putting it into the water; or with a cloth dipped in a little vinegar and water—half and half.

In boiling fish be very careful about the skimming; take off every speck of scum. Ordinary-sized fish are done within a few minutes from the time that the water has boiled. Even a good-sized turbot need only simmer for a quarter of an hour or twenty minutes.

Be careful in taking out the fish not to break it. If you have a fish-kettle and a drainer this is easy; if you have not a drainer it is difficult. A couple of large slices used for taking up fried eggs—one each side—and a steady hand, and not being in a hurry, will generally be found successful. A large turbot should be cut across the dark side previous to its being placed in the fish-kettle, in order to prevent the white side splitting whilst boiling.

Small fish, such as soles, flounders, slices of cod, &c., are best put into warm (not boiling) water. Salmon and trout are best put into boiling water. This will take the water off the boil; then let them simmer till done. Salmon and trout require longer boiling than ordinary fish.

Lastly, never attempt to boil frozen meat or fish till it has thawed. Meat is best thawed gradually by being placed in a hot kitchen for a few hours; fish is best thawed by being placed in water the temperature of summer heat.

Bacon, pork, and ham should be placed in cold water, and brought gradually to the simmering point. Turkeys, fowls, rabbits, &c., should be placed in warm water and then simmered. Recollect, vegetables require boiling, meat only simmering; therefore you can never, as a rule, boil vegetables with the meat without spoiling one of them.

The water in which every kind of meat, poultry, and fish is boiled must be skimmed.

N.B.—The temperature of boiling water is 212°. The temperature of water simmering should be about 160° to 170°. Meat will generally

take a little longer time to boil in winter than in summer, even if not frozen.

To Stew.—Stewing is a process often confounded by very ignorant persons with "boiling for a long time," and sometimes, by even moderate cooks, with "simmering." The latter are not so very far from the mark, but the difference between meat simmered and meat stewed is, that in the former case the meat had to be eaten by itself—that is, the greater portion of the water in which it was simmered was reserved for something else, and the meat was taken out immediately it was sufficiently cooked. A stew, properly so called, is when both meat and juice—that is, all the liquor—are eaten together; consequently, there is no occasion to harden the outside of the meat to keep in the flavour.

The old-fashioned French country method of stewing gives the idea to perfection. Put all the ingredients, moistened with a very little water, into a pipkin, or earthen vessel, with a tight-fitting lid. Place this in the hot ashes of a wood fire, and pile the ashes round it. It can then be left for hours, and after even eight or more hours a pair of bellows will soon bring these ashes to a red glow.

An admirable method of stewing practised in England is to get a jar with a lid that fits tight, with an iron claw. Put the jar in the oven, and throw up all the ashes on the fire, so as to keep in a very slack fire for a long time.

Stewing is the most economical method of cooking meat I know, besides being a very nice one. I know of no other method of cooking a tough fowl so as to make the meat eatable. A very low temperature for a very long time helps to make tough meat not merely eatable, but palatable.

I think there is a little prejudice with ignorant and vulgar people regarding a "stew"; if so, you can call it a *ragoût*. Pieces make a most delicious *ragoût*, or stew.

As the name implies, stewing is generally done in a stewpan. The lid should fit tight, and not be taken off, if possible, throughout the long process of stewing. A 4 lb. weight can with advantage be placed on the lid to keep it down. You must, of course, take precautions against its accidentally boiling. In stewing, you can cook meat and vegetables all together. Whatever you do, don't let it boil, or even get near to the boiling point.

To Roast.—Roasting, or cooking meat by hanging it in front of an open fire, is not so common a process now as it was some twenty years ago, as nearly all modern houses are fitted with shut-up stoves.

The advantages of roasting over baking are—1st, it is far easier to baste; and, 2nd, the joint is surrounded by fresh air. (Some modern ovens are, however, admirably ventilated.) In roasting a joint, the first thing to be considered is to get a clear fire, well made up—*i.e.*, not hollow—and this fire should be carefully attended to till the joint is finished. In putting coals on to a roasting fire, pull the coals forward with a shovel, and put the fresh coals on at the back. Take care, in doing this, that you don't knock any coals into the dripping-pan.

The dripping-pan is the vessel placed under the meat to catch the drippings. "Basting" means pouring hot fat from the dripping-pan over the joint from time to time with a spoon. The more you baste the meat, the better it will be. A roasting-jack is a piece of clockwork which is wound up and causes the meat to turn round. This is generally hung on to a hook under the kitchen mantelpiece.

If you have not a roasting-jack, a

piece of strong, coarse string will do very well, and almost answers the same purpose; but it requires watching, as, should the meat cease to turn round, it will burn. A strong iron hook should be run firmly into the meat, and then hooked on to the jack or fastened to the string. Get the dripping-pan ready before the joint, and have a little hot melted fat or dripping ready in at starting. This will soon be very much increased in quantity by the drippings from the joint. Dripping is melted fat, and when it is in any quantity should be partly taken away, as the joint roasts, in order to keep it a nice colour.

To roast properly, the front of the fire must be bigger than the joint. You cannot roast a large joint before a little fire. Always hang meat with the biggest part downwards: allow for the meat having a tendency to break after cooking where you put the hook in it. For instance, a leg of mutton may be hung safely, when raw, by the split or hole in the bone: but this will give way very often when partially cooked.

When you put down the joint to the fire, put it close at starting, so as to harden the outside, and baste with very hot fat; after some ten minutes, draw back the joint a little. The time, on the average, for beef and mutton is a quarter of an hour for every pound of meat, or a little longer. This is with a really good fire, and for solid pieces of meat. It is evident that a loin of mutton weighing, say, eight pounds, will take no longer, or very little longer, than one weighing four pounds, if you have a good large fire, as it is simply twice as long.

The smaller the joint or the bird, the more quickly should it be roasted. The joint should be of a rich Spanish mahogany colour outside. Brown the joint by putting it closer to the fire, and never flour it at all. To do so spoils the flavour of the meat, and ruins the gravy made from the sediment of the dripping. The general fault in roasting pork and veal is that it is not roasted enough. Beef and mutton, as I have said, should be allowed a quarter of an hour for every pound, and a little time over, say ten minutes or a quarter of an hour, for small joints. Lamb requires twenty minutes for each pound. Pork and veal require half an hour for each pound up to nine or ten pounds. The management of large joints exceeding this weight is a subject into which we need not here enter.

The almost universal fault with inexperienced cooks in roasting game and poultry is that they over-cook them, especially ducks and geese, partridges, and indeed all game. The meat on the breast should cut juicy and moist; the breast-bone, when bare after the meat has been cut off, should not have the appearance of having been burnt in the fire. If the stuffing be placed in a goose or a duck warm, a good-sized goose will not take more than one and a quarter to one and a half hour to roast, and a duck about forty minutes.

You must first see to the colour of the joint, about a quarter of an hour before you send it up. If too pale, put it nearer the fire, and then take the dripping-pan and carefully pour off all the fat into a basin till you come to the discoloured dregs. This will make the gravy. Then pour into the pan about a pint (for a large joint) of boiling water, or still better, stock, and, so to speak, wash the dripping-pan in this liquid. Rub all the brown specks—which are really dried-up gravy, in substance somewhat like extract of meat—and dissolve them in the liquid; then strain the whole through a small sieve into a saucepan. If the joint has been properly roasted, and the fire a good one, this gravy will be

of a nice brown colour. Skim off any grease that may be on the top, and set the saucepan on the side of the fire to keep hot, but do not make it boil up. Next, unhook the joint; place it on a very large hot dish; pour half of the gravy into the dish, not over the joint; send up the other half of the gravy, very hot, to be poured over the joint in time for the second help.

Do not unhook the joint till you have seen to the gravy. When you take away the dripping-pan you must, of course, put a dish under the joint to catch the dripping.

All game and poultry require a fierce, clear fire and constant basting, and should be sent to table direct from roasting, and not be finished long before they are wanted, and then "kept hot." This "keeping hot" is the ruin of inexperienced cooks, and, indeed, of a good many experienced ones.

To Bake.—It is very easy to bake a joint in a large baker's oven, but not so easy in a little oven in which one side is a great deal hotter than the other, and which also has a trick of very often suddenly getting cold, without any apparent cause. These are the practical difficulties with which most of you have to contend, and I can only give a few hints. First, many persons are tempted by advertisements to try some marvellous stove which saves half the fuel, &c. Experience has taught me that these four-legged toys don't answer, and that those who believe that they will save *half* their fuel are as credulous as the Irishman who bought two stoves, in order thereby to save the *whole*.

One most common cause of an oven not baking properly in a shut-up stove is that the stove is not properly cleansed, *i.e.*, the flues get choked with soot. You had better call in some practical man, and watch him clean the stove. You will very likely find that he will get away ten times more soot than you would, as he opens the stove in unexpected places, &c.

To bake a joint properly, the oven must be heated to a temperature above that of boiling water, and you must have the oven thoroughly hot at starting. In each oven there is generally a ventilator, *i.e.*, a little thing that slides backwards and forwards to let in air.

At starting, you can shut this, and then open it after about ten minutes. It is best, just as in boiling and roasting, to expose the meat to a fierce heat at starting, in order to surround the meat with a hard rind to keep in the flavour.

Of course you must place the meat on a tin. Now, very soon this tin will get full of dripping, and if the meat stands in the dripping it will not be nice: it gets sodden. Therefore, raise the meat; there are stands on purpose. If you have not got one, a small gridiron will do. Don't use sticks of firewood, as the heated wood gives a sort of turpentine smell. Next, the fat in the tin, if the oven is properly hot, will smoke, and give the joint a greasy taste. Therefore, the tin should be what is called a hot-water tin. A hot-water tin is a double tin, with a place for hot water inside. These are made specially, and are in almost general use. If you have not got one, get two tins, and put one inside the other, and keep them an inch apart with a couple of sticks of firewood, and then fill the bottom tin up to its edge with water. This will prevent the upper tin from getting too hot, as water cannot get hotter than the boiling point.

The difficulty in baking is the basting, which ought to be done, say, every quarter of an hour. Be as quick as you can about it, and don't keep the oven door open longer than

you can help. When you baste, always look at the joint, and see if one side is getting more brown than another; if so, turn the joint round; also, it is well very often to turn the joint over. Also, look some half-hour before it is done, and see if one part looks pale, and turn this pale side to the hottest place. Of course, with a first-rate oven this is all unnecessary; but I am writing for those who have not got first-rate ovens.

Recollect to keep the oven pretty hot by keeping up the fire the whole time; you should hear it all frizzling inside. For those who understand what degrees mean, I will say the temperature of an oven for roasting meat, game, poultry, pork, veal, &c., should be 30° hotter than boiling water; for baking meat pies, 60° hotter than boiling water; and for making puff-paste for *vol-au-vents*, 80° hotter than boiling water. This last cannot be done properly in a little common oven.

Next with regard to time. Remember, baking is much quicker than roasting. This latter process takes a quarter of an hour for every pound; baking only wants ten minutes for every pound. In both roasting and baking you must allow a little extra time for any joint surrounded with a thick coating of fat. For instance, you will often find a sirloin of beef cooked, in which the undercut is quite under-done, and the other side well done. This is simply on account of the hard suet fat which covered the undercut.

With regard to getting the gravy from the dregs of the dripping, &c,, act as with regard to roast beef. (*See* To Roast; latter part.)

Pastry of any kind does not want a steaming atmosphere; so never try, if you can possibly avoid it, to bake a pie and a joint at the same time, as you will be sure to have heavy crust.

To Grill or Broil.—To grill or broil is to cook over the *top* of a clear fire, where the meat is exposed to the heat and occasional flame of the fire. This flame is caused by the fat dropping into the fire and catching alight. The common fault in grilling is that cooks are too frightened of this flare, which is *the thing* that makes chops and steaks of a good colour. It is quite impossible to give any time for cooking a chop or steak by grilling. It so varies with the fire and the thickness of the meat, that to attempt to do so would do more harm than good.

I can only describe to you how a well-cooked chop or steak should be when done. First, nearly black outside, or, at any rate, of a very dark rich old black mahogany colour. Then when cut, the inside should be red, and yet not in the least blue or flabby in the middle. A good rump steak should have a rim of rich yellow fat to it. The steak should be served quickly on a very hot dish. Have the plates scorching hot. No gravy, no sauce, no butter, nothing but simply the chop or steak as it is, and the meat should be hot enough to burn your mouth. When cut, about a teaspoonful of clear bright red gravy should run out into the plate. The only accompaniment should be a nice, snow-white, floury potato.

It is not so easy to arrive at this pitch of perfection as you would think. First, you must have a *clear* fire: without this it is no use attempting to grill. The fire, too, must be good, it must not be merely the remains, though clear, of a good fire. We want a sharp, quick heat. Colour the outside of a chop or steak at once; throw little bits of fat or dripping into the fire, and make it blaze up.

Next, how to tell when it is done. Of course you must turn the chop or steak several times, but never stick a

fork into it, as this would let out the gravy and ruin it. Press the chop or steak with anything, and if it feels spongy, it shows the middle is blue. As I have said, get the outside coloured as quickly as you can, and then you can slightly slacken the heat, or, at any rate, as soon as it is dark enough you need not keep on flaring. The fire often will flare of its own accord quite sufficiently from what drops from the steak, without artificial means. The chop or steak, directly it ceases to feel spongy, is done, and should be allowed to rest for one minute on a very hot plate before it is served.

In grilling fish, be careful to rub the gridiron with a piece of fat to prevent the fish sticking, which it is very apt to do. You must watch fish carefully, and move it constantly to avoid this. The only proper way to cook chops, steaks, fresh herrings, sprats, &c., is to grill them. A gridiron that has cooked fish wants a lot of cleaning.

In cooking fish, wrapped up in oiled paper, on a gridiron, you must avoid any flare. The fire must be very clear, the paper thoroughly oiled, but it must not have any oil dropping.

In grilling bones you cannot have too much flare, or too fierce a heat. What you want in this case is burnt meat—animal charcoal, in fact.

Some persons will attempt to tell you that a chop cooked in front of the fire is just the same thing as grilled on the top. This is all nonsense. They might as well tell you that an oyster out of a tin is the same as a freshly-opened native.

To Fry.—I don't think I am exaggerating when I say that ninety-nine out of a hundred of our English women-cooks (say, of ten to twenty years' experience) have never fried anything in their lives. If, however, this expression is a little too strong, it may have the effect of impressing on your minds the fact that cooking anything in a frying-pan, with a little grease to prevent it sticking, is not frying.

I don't mean to say that it is not a nice way of cooking some things, but it is not frying.

To fry anything is to cook it by immersing it totally in very hot fat. In fact, just as in boiling we must let the *water* cover what is boiled, so in frying we must let the *fat* cover what is fried. This same fat will do over and over again; therefore, it is in the end more economical than using a little fresh fat every day and throwing it away. Too often cooks put a little dab of grease into a frying-pan, and then pour this grease into that abomination in any house—a grease-box—"to be sold." It is the duty of every housekeeper to prevent their servants from coming in contact with the class of men who come round to buy kitchen stuff—bottles, bones, rags, &c. These men are generally simply receivers of stolen goods. The secrets of good frying are—

1. The fat must be sufficiently deep.

2. The fat must be sufficiently hot to make a piece of bread turn colour directly it is thrown in. In fact, the fat should smoke.

3. When anything is floured before it is fried, it must not be floured till the last moment before it is plunged into the fat.

4. When anything is fried that has been egg-and-bread-crumbed, it is best to egg-and-bread-crumb it some little time before it is fried.

5. Shut the kitchen door, and open the window a little way at the top, so as to avoid making the whole house smell like a fried-fish shop. This is really a very important practical point which should never be forgotten.

Now, the reason of some of the above directions is that the exterior of the substance to be fried should be

as dry as possible. By this means we get a good colour. Fish is cheap, and, when properly fried, very nice. You cannot have a better model than that cooked at a fried-fish shop. When you fry fish at home, the best, cheapest, and simplest method is to dry the fish, flour it to make it thoroughly dry, and then instantly plunge the fish in the fat. Then, remember, if the fat is as hot as it should be, a very little time is sufficient to cook the fish. The general mistake is to over-cook it. Fillets of sole will not take a minute, whitebait only a few seconds. The fat for whitebait should be hotter than for anything I know. Underdone fish is very nasty, but this is no reason for systematically over-cooking it. Small mutton cutlets cut from a boned loin (the most economical way of cooking a loin) will not take more than thirty seconds to fry. It is only by following these rules that you will get them red and juicy inside.

In frying fish in batter, dry the fish, flour it, dip in batter, and quickly plunge it into hot fat. The batter must be smooth and thick. (*See* BATTER, p. 175.) As soon as the batter is of a bright golden colour, take it out, and, if the fish is thick, put it in the oven for a few minutes. Remember, the fat is more than a hundred degrees hotter than boiling water, and the inside part of whatever is cooked goes on cooking after it is taken out of the fat.

When you fry parsley, take care that the parsley is dry. Always be careful to avoid splashing the fat. It is no joke to get a splash of fat of this temperature on the hands or arms.

The reason that fat crackles when it is first put on is that there is generally water with it. This water sinks, being heavier than fat, then it is converted into steam, and these bubbles of steam, escaping up through the fat, make the bubbling. When the crackling ceases, it shows the fat is hotter than boiling water, and that is all. If the fat was not moist with water, it would not crackle at all.

When you have finished, pour the fat into a basin containing a little hot water, and let it stand till it is cold. When you next use fat, take it out in one large cake, and scrape the part next the water, which will contain impurities, &c.

Whenever anything is fried, let it drain a short time by being thrown on to a very hot dry cloth or sheet of blotting-paper. There is a coarse paper sold on purpose.

In frying, always, if possible, use a wire frying-basket. For whitebait this is indispensable.

To Steam.—Cooking by steam in private houses is generally confined to potatoes and puddings. Potatoes are cooked in what is called a steamer. This is fitted on tight to a saucepan. Puddings are very often best steamed in a mould. Raise the mould on something on the bottom of a saucepan, and take care it is so placed that it won't easily upset. A very little ingenuity will fix it. The mould can be placed on the bottom of the saucepan itself, if fairly deep. Fill the saucepan about an inch or more deep with water, and fit the lid of the saucepan on tight, and let it boil. It is best to place something on the top of the mould to avoid the condensed steam dropping into the pudding. As the water boils away, more must be added from time to time.

Some persons recommend placing the mould on a plate placed upside-down in the saucepan; but then the steam will sometimes lift the plate, and over we go.

Don't boil anything in the water with which you steam a pudding. It will often make the pudding taste nasty.

Bread-Crumbs. To Egg-and-Bread-Crumb.—The best

way to make bread-crumbs is to rub stale bread through a wire sieve, as this insures the crumbs being free from occasional large ones. A wire sieve is a necessity, where economy is considered, or good cooking desired. You cannot make pea-soup properly without one.

When you are told to egg-and-bread-crumb anything—for instance, a veal cutlet or a sole—it means you are to dip it in a raw egg well beaten up, and then sprinkle it with as many bread-crumbs as will stick to it.

Take, say, a sole or cutlet; the way to egg-and-bread-crumb it is as follows:—Make plenty of bread-crumbs, as we have said, and put them on a dish or plate; next take an egg and beat it thoroughly, so that it runs through the prongs of a silver fork like water—that is, it does not hang. If you add a teaspoonful—no more—of boiling water it very much helps you to beat the egg thin. Next dry the sole or cutlet and flour it, so as to get it perfectly dry. The object of the flour is the same as in washing a baby. You dry it and powder it, the powder simply insuring its being dry. Then dip the sole or cutlet in the beaten-up egg, and let the egg drain off it for a few seconds, by holding it up by the end; throw the sole or cutlet lightly on the bread-crumbs, and sprinkle some more on the top; let there be plenty, but don't pat it. Leave the sole or cutlet resting on the bread-crumbs till you dip it into the smoking-hot fat. It is advisable to egg-and-bread-crumb anything some time before it is fried. The drier the crumbs the better if a good colour is wanted.

To Lard.—Larding is sometimes thought a difficult operation, but is really exceedingly easy. It is a great improvement to dry lean meats, and really saves trouble, and though it requires to be done neatly to look well, a little practice teaches this readily. Cut *fat* bacon into narrow strips of equal length and thickness. For poultry and game these should be about two inches long, an eighth thick, and a quarter of an inch wide: for fillets of beef, loins of veal, or other solid joints, about one-third of an inch square. Mind that for all *white* meats the bacon must be cured without saltpetre, which tinges such meats red in cooking. Put each strip of bacon, which is called a lardoon, into a "larding needle," and pass the



LARDING NEEDLE.

point of this through as much of your fowl or joint as will hold the lardoon safely; then draw the needle and bacon half through, so as to leave equal ends projecting. Do this at equal intervals and in regular rows, till the meat is covered in a regular pattern. Generally the breasts only of poultry and feathered game are larded, and the backs, or backs of thighs of rabbits and hares. With soft meat, like poultry, it is well to dip the part to be larded for a moment into boiling water, which imparts greater firmness to it and makes it hold the lardoons better.

CHAPTER V.

FISH.

Anchovies, To Fillet (*i.e.*, to remove the bone).—Anchovies are usually preserved whole in strong brine. Cut off the heads, tails, and fins, and wash them, removing the white scales by rubbing, in cold water. Then dry them on a cloth and open them, using the fingers, and take out the bone. Each anchovy will make two fillets. These fillets can be cut again in two, longways, when the fillets are wanted thin.

Bloaters.—Split open the fish. Take out the backbone carefully, so as to pull out the "ribs" with it. Grill over a clear fire. When cooked, place on each bloater a piece of butter, and move it about to moisten it. The heat of the bloater will, of course, melt the butter.

Bloaters can also be cooked in front of the fire in a shut-up gridiron, or in a frying-pan—in which case the frying-pan must be greased. Bloaters should always be opened before they are cooked, in order to avoid the offensive smell caused by opening them afterwards; many people also remove the heads, which are very unsightly. It is always advisable when cooking bloaters to shut the kitchen door first, and open the window at the top. They make the whole house smell.

The greatest care should be taken in cleaning the frying-pan or gridiron that has cooked bloaters. It is almost impossible to get perfectly rid of the flavour. If you have to cook a steak on a gridiron that has cooked a bloater, make it very hot first; then wipe it, and rub it with an onion.

Brill, Boiled.—Put the fish-kettle on the fire with cold water to cover the fish, and throw into it a good handful of salt, in the proportion of a quarter of a pound of salt to a gallon of water. Bring it to the boil. Clean and wash the brill inside and out, cut off the fins, and rub it over with lemon-juice to preserve its whiteness. In order to prevent the white side breaking in boiling, cut a slit just through the dark skin from the head down the back. Lay the fish on the drainer of the fish-kettle, and put it in the boiling water if a small fish. Let it boil quickly for less than one minute; then draw it back, and let it simmer gently till it is done enough. Watch it carefully, and as soon as the flesh will leave the bone take it up. If it is not wanted for a few minutes, lay a hot cloth on it, and set the drainer with the fish upon it across the kettle, but on no account leave it in the water. The time required can scarcely be given, because it depends upon the thickness of the fish and upon the rate at which the fish is cooked. It is better to let it simmer *gently*. A moderate-sized brill would take about twenty minutes; a large one, half an hour. Put a fish-drainer covered with a hot napkin on a hot dish. Slip the brill on it, white side up. Garnish it with cut lemon and tufts of parsley placed lightly round it, and, if possible, sprinkle some lobster coral on the fish. Serve butter sauce or lobster sauce. If the fish is very large and thick, it should be put in cold water; a medium-sized one, in lukewarm water.

Char.—This makes an excellent "Water Souchet," *i.e.*, it is very nice served plain in the water in which it is boiled. Cut the fish into fillets;

boil the bones, &c., in a little water, slightly salted; strain it off, and then boil the fillets of char in the water. Serve the fillets in the water in which it is boiled, throw into the water two or three sprigs of parsley, and serve thin brown bread and butter with it.

Cod.—Cod comes into season about the beginning of October, when other large fish are going out. If the weather is cold, it is then very good; it is at its very best about Christmas, but goes off from the end of February or the middle of March. It is essentially a winter fish, and is not to be had in the hot months of the year. The best cod are those which are plump and round at the tail, the sides having a ribbed appearance, with yellow spots upon a pure skin. In order to ascertain if the fish is fresh, press the finger into the flesh, and if it rises immediately and feels firm and stiff, it is fresh. It is much better not to cook a cod whole. The upper part is so much thicker than the tail that the latter would be boiled to rags before the rest was cooked. The head and shoulders are generally boiled; the rest may be fried or stewed in slices. Epicures look out for the sound, the glutinous parts about the head, and the tongue. A little salt should be rubbed down the bone and on the thick part as soon as the fish comes into the house.

Cod (à la Béchamel).—Remove the flesh from the bones, and break it into convenient pieces. Put a cupful of white stock nicely seasoned, and a cupful of new milk, into a saucepan; thicken it with a little flour and butter, put the pieces of fish into it, and let them remain until quite hot, but the sauce must not be allowed to boil. Serve with the sauce and fish in the middle of a hot dish, and place a border of mashed potatoes round it. Time, twenty minutes.

Cod, Baked.—Take a piece weighing about three pounds out of the middle of a large cod. Make a stuffing with the sound boiled for twenty minutes, chopped small, and mixed with two ounces of grated bread-crumbs, a teaspoonful of chopped parsley, a pinch of powdered thyme, a small teaspoonful of salt, half the quantity of pepper, a little grated nutmeg, and the yolks of two hard-boiled eggs. Bind all together with the white of the eggs. Put this forcemeat inside the fish, and sew it up. Place the fish in a baking-dish, and pour over it enough thin flour and water to fill the dish three-parts. Put in a dozen oysters, or the contents of a tin of oysters, also a little scraped horse-radish, and a little salt and pepper. Lay three or four lumps of butter on the fish, put it in the oven, and baste it frequently. When it is sufficiently cooked, lay the cod on a hot dish, and garnish it with the oysters. Put the gravy into a saucepan, add to it a teaspoonful of anchovy sauce, and another of vinegar; boil it, pour it over the fish, and serve. Time to bake, about one hour. Sufficient for five or six persons.

Cod, Salt, Fried.—Soak and simmer the cod, drain it, and divide it into large flakes. Fry two large onions cut into thin slices in a little butter, and, when lightly browned, drain them. Thicken the butter with a little flour, and when very smooth add gradually a little new milk or cream until the sauce is as thick as a custard. Let the onions heat once more in the sauce, and season them with a little cayenne. Fry the flakes of fish until lightly browned. Place them on a hot dish, and pour the sauce over them. Time to simmer the salt cod, fifteen to twenty minutes. One pound of cod with

sauce will serve for three or four persons.

Cod, Salt, with Parsnips (a dish for Ash Wednesday).—Salt cod is usually accompanied by parsnips, probably because that wholesome root is at its best and sweetest during the course of Lent, and it is very generally served with them and egg sauce on Ash Wednesday. Wash the fish thoroughly, and lay it in cold water to draw out the salt. It must lie for at least twelve hours, and longer if it is very salt, and the water ought to be changed every four or five hours. When thoroughly soaked, put it in a saucepan with plenty of cold water, and let it heat very gradually. It must not be allowed to boil, or it will harden. When nearly boiling, draw it to the side of the fire, and let it simmer gently for about twenty minutes. Drain it, and serve it unbroken on a hot napkin, accompanied by mashed parsnips and egg sauce (*see* Egg Sauce). Time to soak, from twelve to twenty-four hours, according to the dryness and saltness of the fish.

Cod, Boiled.—In cold weather cod is better for being kept a day or two, as if cooked quite fresh it may prove watery. A large cod-fish should not be cooked whole; the head and shoulders make a good dish by themselves, though the middle contains more solid meat. Wash and cleanse the inside of the fish with great nicety, and especially the backbone, which should be rubbed with a lump of salt; put it into plenty of cold water, in which a handful of salt has been thrown; bring it to a boil, skim it carefully, let it boil gently, and, when it is nearly cooked, draw it to the side of the fire, and let it remain until done. Put it on the fish-plate over the boiling water, let it drain for a minute or two, then dish it on a hot napkin, with the roe and liver (which should be boiled separately), a little scraped horse-radish, or fried oysters, as garnish. Oyster or anchovy sauce, or plain melted butter, may be served with it. Time to boil, twenty minutes for a moderate-sized piece, after the water has come to the boil, longer for a large one. When the flesh leaves the bone easily, the fish is cooked enough. Sufficient, four pounds for six persons.

Cod, Cold.—The remains of cod may be used in various ways. One thing, however, should be attended to, and that is to remove the flesh from the skin and bones before it is quite cold. When this is done, the cod may be simply arranged in neat flakes on a plate, peppered, a little vinegar poured over it, and the fish garnished with parsley; and served thus, it will not be a despicable addition to the breakfast-table, though further trouble will be amply repaid. If any cold sauce is left, it may be poured over the fish, bread-crumbs or mashed potatoes spread on it, a piece of butter dotted here and there, and the whole browned in a good oven, or before the fire (*see* Fish Pudding). It may be moulded. It may be stewed, and served with maître d'hôtel sauce, Italian sauce, or suprême sauce. It may be curried, cooked with grated Parmesan, or with béchamel, or brown sauce; or served au gratin, à la Provençale, or as a mayonnaise. The pieces may be put into a stewpan, taking care not to omit the sound, the tongue, or the eatable parts about the head. Any sauce that may be left may then be poured over it, a lump of butter added, and a dozen oysters, or a tin of oysters with their liquor, or mussels, or cockles, or a few shrimps. The preparation may then be heated gently, put into a dish, bread-crumbs strewed over, and browned. In numerous ways cold cod, or cold fish of any kind, may be, with a little trouble and attention, presented again at

table, and will form a palatable and pleasing dish.

Cod, Crimped.—Make some deep cuts as far as the bones on both sides of a perfectly fresh cod, making the cuts at two inches distance, and cut one or two gashes on the cheeks; then lay the fish in cold water, with a tablespoonful of vinegar in it, for an hour or two. It may afterwards be boiled or fried. If it is to be boiled, it should be plunged at once into boiling water, and then simmered gently. Crimping renders the flesh firmer, and makes it better both to cook and to serve.

Cod, Curried.—Put a piece of butter about the size of a large egg into a saucepan, let it melt, then fry in it three pounds of cod cut into pieces about two inches square, two large onions and one apple cut into thin slices, a teaspoonful of thyme, and a bay-leaf. Let them remain until the onions are slightly browned, then add a breakfast-cupful of good stock, a teaspoonful of curry powder, a teaspoonful of curry paste, and a teaspoonful of ground rice mixed smoothly with a little of the stock. Simmer gently for a quarter of an hour, add a small cupful of cream (this is not essential), two pinches of salt, and one of pepper. Put the cod on a hot dish, and the gravy over it, and serve with a wall of rice round the dish. Time, three-quarters of an hour. Sufficient for five or six persons.

Cod, Head and Shoulders of.—Wash the fish thoroughly, rub a little salt on the inside of it, and bind tape round the cheeks to prevent them breaking. If the fish is crimped, it may be plunged into hot water; if not, cold must be used, but it must be poured very gently over the cod, so as not to break the skin. A tablespoonful of salt should be allowed for every three quarts of water. As soon as the water boils, draw the kettle on one side, remove the scum carefully, and let the fish simmer gently till it is ready. Drain it well, and serve on a hot napkin with the roe and liver (which should be cooked separately), and a little horse-radish and sliced lemon for garnish. When the flesh parts easily from the bone, the fish is ready. Send oyster or anchovy sauce and melted butter to table with it. The time to boil will depend upon the size, quality, and age of the fish; a small young head and shoulders will not require more than twenty minutes; and a large, old, solid one may take forty. Sufficient for six or seven persons.

Cod-Roe.—Parboil the roe in salt and water and vinegar. Cut it into thin slices, and dip each slice into frying-batter. Then fry in hot butter or oil until lightly browned. Drain, and serve them on a hot napkin, with a garnish of sliced lemons and parsley. Time to boil the roe, eight minutes; to fry, eight minutes. Allow three or four slices for each person.

Cod-Sound, Boiled.—Cod-sounds are much liked by many persons, and may always be procured salted. They are convenient when kept in store in country houses; though, on account of the necessary soaking, they cannot be served in a hurry. Put them into plenty of cold water all night, then scrape and rub off the dark skin with a cloth, wash them thoroughly, and put them in a stewpan with equal parts of milk and water, and boil them very gently until tender. Be careful to remove the scum as it rises. Serve them on a hot napkin, with egg-sauce. Time to boil, three-quarters of an hour per pound. One pound will be enough for four persons.

Eels, Boiled, or Water Souchet of Eels.—Boil the eels till

tender, and serve them in the water in which they were boiled, after carefully skimming and straining. Throw in one or two sprigs of parsley, and serve thin brown bread and butter with them.

Eels, Fried.—Skin and wash the eel. If large, take out the bone. Cut the eel into pieces, about three inches long. Egg-and-bread-crumb, and fry. Eels can also be fried without being egg-and-bread-crumbed, but simply floured.

Eels, Stewed.—Cut the eels into pieces about three inches long; stew them gently in a little No. 2 Stock and a teaspoonful of sweet herbs. When quite tender, take out the eels and strain the stock. Season it with a little pepper and salt and a dessertspoonful of ketchup; also, if possible, some port wine dregs. Add also a little finely-chopped parsley. Thicken the stock with a little brown thickening, skim off any fat; warm up the eels in the stock, and serve with some fried bread. A few small mushrooms are a great improvement.

Eels (en Matelote).—Cut up some very small onions—five or six of them—and brown them with a little butter and flour in a stewpan. When of a light brown, add about half a pint of good gravy and a wineglassful of port wine, a few mushrooms, a bay-leaf, salt, pepper, and nutmeg to taste. Have ready two pounds of eels, divided into lengths of three inches, simmer them in this gravy till tender, then remove the eels and place them high in the centre of a dish. Thicken the sauce with butter and flour, and serve it hot poured over. Time to stew the eels, half an hour. Sufficient for four or five persons.

Eels, Spitchcocked.—Large eels are best for this mode of cooking. When skinned and split, the backbone should be taken out carefully without tearing the fish, and they should be divided into three or four-inch pieces. Have ready a seasoning of chopped parsley, a very little sage, a little nutmeg, pepper and salt; let the pieces be well smeared with warmed butter and lemon-juice (or let them lie in it for two or three minutes), then strew the seasoning over, and egg-and-bread-crumb each piece. Fry in boiling fat, and serve in a round on the dish with sauce piquante in the middle. Some prefer plain melted butter with the juice of lemon. Time, twenty minutes to fry.

Fish, Fresh-water, of all kinds.—Fresh-water fish are in many parts of the country very abundant, and are too often neglected as an article of food. The probable reason of this is—first, cooks do not like the trouble of cleaning the fish; and, secondly, they suffer from the common error of vulgar minds, that what *costs* nothing is consequently good for nothing.

In many parts of the country, fresh-water fish are *caught for sport*, and then thrown away.

A very nice way of cooking nearly every kind of fresh-water fish is to stew them in a little Bordeaux wine, either red or white, with some onion, or, better still, garlic, thyme, bay-leaf, parsley, and sometimes a little carrot cut up. Stew the fish till done, basting it in the liquor, and turning it. Then take out the fish, bringing the sauce to the boil. Strain it, leaving in the cut-up carrot, skim it, thicken with butter and flour or arrowroot, make it hot, and pour it over the fish. Season with pepper and salt; a little soy may be added.

Fish, Cold, To Re-dress.—Any kind of cold fish can be warmed up, after all the bones have been removed, in the remains of the sauce served with them. The fish should

be cut up small, placed in saucers or scallop-shells, some bread-crumbs and raspings shaken over the top, and a few little pieces of butter on them, and the whole warmed up in the oven. Season with pepper and salt.

Cold fish can always be warmed up in some curry sauce or fish sauce from bones.

Fish Cakes.—If any cold potatoes were left from the day before, they can be used instead of boiling fresh ones. If there are none, fresh potatoes must be boiled for the purpose, the number to be regulated by the quantity of fish. There should be equal weights of fish and potato. Break the fish, the remains of boiled cod or skate, perfectly free from skin and bone, into flakes, and rub the potatoes through a fine sieve. Mix the two together, and season them rather highly with salt and cayenne, and add a few drops of essence of anchovy; put the mixture into a bowl and make it into a stiff paste with a little milk, melted butter, and lightly-beaten egg. Half an ounce of butter, a tablespoonful of milk, and half an egg would be sufficient for one pound of fish and one pound of potatoes. The other half of the egg could be used for brushing over the cakes before they were bread-crumbed. Flour the hands lightly. Make the paste into cakes about an inch and a half in diameter and three-quarters of an inch thick. Use as little flour as possible in doing this. Up to this point the cakes may be prepared the day before they are wanted. Brush the cakes over with egg, and toss them in bread-crumbs, and repeat the process a second time; if the cakes are not entirely covered, they will burst in frying, as they will also be in danger of doing if much flour is used with them. Half fill a saucepan with frying fat, and let it boil; arrange the fish cakes in the frying-basket, being careful not to let them touch each other. As soon as smoke can be seen rising from the fat, plunge the basket into it, and let it remain until the cakes are a light golden-brown; take them out, and lay them on kitchen paper to free them from grease.

Fish Pudding.— Pound the flesh of two raw haddocks, or better, some whiting, cleared from skin and bone, in a mortar; pass it through a sieve, mixing a very little good gravy with it. Pound also an onion, a little parsley, a few bread-crumbs, and a quarter of a pound of veal suet; moisten with a couple of eggs, and season with pepper and salt. Beat these ingredients well into the pounded fish. When well mixed, boil the pudding in a mould, and send to table with a rich brown sauce. Eel pudding, with the addition of oysters, is excellent. It may be boiled in paste, and served with a sauce in the dish; or in a mould, with sauce in a tureen. Time, one hour to boil.

Fish Pudding, Plain.—Line a pudding-basin with ordinary pudding-paste; cut a pound of cod, or any other fish liked, into pieces; season with salt, pepper, a very little chopped parsley, and onion; moisten with stock, cover with a crust, and boil in the usual way; add fish sauce to taste. Serve hot. Time, one hour to boil. Sufficient for two persons.

Flounders, Souchet.—These fish are best either souchet or fried. For the first, boil them till tender, and send to table in a vegetable-dish in some of the water in which they were boiled. Throw in a sprig or two of parsley. Brown bread and butter should always be served with flounders souchet. Dabs may be cooked like flounders, and, indeed, are often sold as such.

Grey Mullet. — An inferior fish, best cooked by cutting open, grilling, then adding a little butter, pepper and salt, chopped parsley, and lemon-juice. It may also be boiled plain like salmon.

Gudgeon.—Gudgeon is a fresh-water fish, small, but delicate in flavour. It can be cooked like most other fresh-water fish, by being stewed in wine (*see* FISH, FRESH-WATER), or it can be fried. The fish should be cleaned thoroughly inside, but the scales need not be scraped off. When the fish is to be fried, after cleaning flour it, egg-and-bread-crumb it, and fry. Time, from three to five minutes, according to size. Fried gudgeon, like smelts, make a nice garnish for larger fish.

Gurnet.—The gurnet is best stuffed with veal-stuffing and baked. It is a dry fish, and to be nice should be constantly basted, or covered with fat bacon. It can also be stewed in wine, but requires additional flavouring. A cheap way is to stew it with onions very gently till it is tender; or it can be boiled plain, and eaten with black butter. (*See* p. 25.)

Haddock, Finnan or Smoked.—The best and simplest way to cook a smoked haddock is to put it on a gridiron over a clear fire, and grill it. A moderate-sized one takes about six or ten minutes. The time varies with the *thickness*. Always grease the gridiron. Rub a piece of butter over the fish to make it look moist before sending to table. If very salt the fish should be soaked in water for half an hour to an hour and a half before cooking.

Some boil the haddock for a few minutes, and then bake it a short time in the oven; or it can be plain boiled. Put it into cold water. When it boils, it is done.

Haddock, Fresh.—The nicest way to eat fresh haddock is to have it plain boiled, with a little oiled butter served separate, and a few nice floury potatoes.

Haddock can also be baked. Bone the fish, and put it in a pie-dish with some butter, pepper, and salt. Turn the pieces occasionally. Add some chopped parsley and lemon-juice before serving.

Hake.—This is a cheap and excellent fish. It can be boiled plain, and served with oiled butter and potatoes. It can be cut in slices and fried plain, or with egg and bread-crumbs, or in batter. It can be stewed exactly like stewed eels. It can be boned, stuffed with veal-stuffing, and baked. The bones will make some good stock for sauce. It is a cheap fish stuffed and baked; and served with this sauce, which is like good brown gravy, and a dish of potatoes, really makes a thoroughly good dinner.

Hake, Baked.—Wash the fish in salt and water, rub it over with vinegar, and let it lie for an hour, then roll it in a cloth, and leave it to dry. Take a thick slice of stale bread, and rub it through a wire sieve. Put two ounces of the sifted crumbs upon a plate, and mix with them a little pepper, salt, and grated nutmeg, a pinch of mixed herbs, and a pinch of grated lemon-rind. Brush the fish with beaten egg, and sprinkle half the crumbs over it. Put it on a drainer in a deep baking-dish to raise it, pour round, but not over it, a cupful of water and a wineglassful of vinegar, and add a shallot finely minced, and a small carrot—or, if preferred, a few onions and potatoes—cut into slices. Place the dish in a moderate oven, and bake the fish for about an hour, basting it frequently with clarified dripping. When half cooked, turn it and strew the remainder of the crumbs over it. When done enough, put it on a hot dish, garnish with lemon and parsley, and send anchovy sauce to table with it.

Hake Cutlets, Fried.—Cut two pounds of hake into cutlets, dry them well, and sift some sweet herbs, pepper, and salt over them, and dip them into a thin batter of flour and water. Cover them with bread-crumbs, and fry them in hot lard or dripping until brightly browned on both sides. Put them on blotting-paper, to drain the fat from them, and serve on a napkin. Garnish with parsley. Melted butter or anchovy sauce may be sent to table with them. Time, a quarter of an hour. Sufficient for three or four persons.

Halibut.—This excellent fish is not prized as it ought to be, probably on account of its cheapness. Its flesh is delicate and wholesome, and rather resembles turbot in taste. The halibut grows to an enormous size, weighing sometimes as much as a hundred pounds; but those fish are the best which weigh from twenty to forty pounds. The "tit-bits" are the flackers over the fins, and the pickings about the head. It is abundant in spring and summer. It is, we believe, a favourite fish with the Jews.

Halibut, Baked.—Put the head and shoulders of a moderate-sized halibut into a well-buttered baking-dish, dredge some flour over, and season them rather highly with salt, pepper, and powdered nutmeg and chopped parsley. Put four or five good-sized lumps of butter upon the fish, and bake in a moderate oven until sufficiently cooked, which will be in about an hour. Thicken the gravy which runs from the fish with flour and butter, and serve it in the dish with the halibut. Shrimp or anchovy sauce may be sent to table with it. Sufficient for five or six persons.

Halibut, Boiled.—This is the least satisfactory mode of cooking halibut. It is much better fried, baked, or made into a pie. Put five ounces of salt into a gallon of water. As soon as it is dissolved, put in the fish, which must be in one piece, with the fins taken off. Bring the water to a boil, skim carefully, and simmer gently until the flesh of the fish will part easily from the bone. Serve on a hot napkin, garnish with parsley and sliced lemon, and send melted butter, and anchovy or shrimp sauce, to table with the halibut. Time for a piece weighing four pounds, twenty to thirty minutes. Sufficient for five or six persons.

Halibut Cutlets.—Dry the fish, cut it in slices, and flour them well. Put them into a frying-pan half full of boiling fat, and when done enough upon one side turn them over on to the other with a slice. They will take from ten to twelve minutes. Drain upon paper, and serve with black butter sauce. If liked, the slices can be dipped in a thin batter of flour and water, or they can be sprinkled over with lemon-juice before being fried.

Herrings, Fresh, Baked.—Scale and clean the herrings carefully without washing them. Cut off the heads and take out the backbone. Sprinkle a little salt and pepper over them, both inside and out; lay them in a deep baking-dish, and arrange the roes at the top. Cover them with vinegar and water in equal proportions, and put three or four bay-leaves or cloves into the liquid, and a few peppercorns (a teaspoonful to a quart of fluid). Bake for an hour. They are much better eaten cold than hot. When the backbone is removed they may be neatly rolled before baking. Sufficient, half a dozen for three persons.

Herrings, Fresh, Boiled.—Few fish are more delicious than fresh herrings boiled. Wash, scale, and gut them, sprinkle a little salt

over them, and dip them once into vinegar; then skewer them securely with their tails in their mouths, put them into boiling water, and simmer very gently until done enough, when they must be taken out immediately. Drain the water from them, and arrange them neatly on a dish; garnish with parsley or scraped horse-radish, and send mustard sauce to table in a tureen. Time, about twelve minutes to simmer. Sufficient, half a dozen for three persons.

Herrings, Fresh, Broiled.—Fresh herrings are better for broiling when they have been salted for a night, as this both renders them firmer and improves their flavour. Scale and gut the fish without opening them, draw them through oil on a dish, and broil them over a clear fire. Lift them gently now and then, to prevent their sticking to the bars; and when one side is done enough, turn the fish gently to the other. Serve immediately. Squeeze the juice of a lemon over the herrings before sending them to table. The roes must be fried and served with them. Time, about fifteen minutes. Sufficient, half a dozen for three persons.

Herrings, Fresh, Fried in Egg and Bread-crumb.—Clean and scale four fresh herrings. Cut off the fins, and then either score them lightly in three or four places, or open them along the under side, and take out the bone. Season them with a little salt and pepper; flour, and afterwards brush them over with beaten egg, and sprinkle bread-crumbs over them. Fry them in a very little hot fat, and drain them well before serving. The roes should be taken out, egged and crumbed separately, fried, and sent to table with the fish. Stir a teaspoonful of mixed mustard and half a teaspoonful of vinegar into a quarter of a pint of melted butter, and send this sauce to table with the herrings in a tureen. Time, three minutes each side. Sufficient for two persons.

Herrings, Marinaded (a German recipe).—Put some white salted herrings in cold milk, to soak for a couple of hours. Split them open, take out the bones, cut each half-herring into three pieces, and divide the roes lengthwise. Put all in layers into a deep jar, and between each layer place a sprinkling of finely-minced shallot, pounded cloves, and white pepper, with here and there a piece of bay-leaf, and a slice of fresh lemon with half the rind taken off. Place the roe with the herring, and the seasoning over the top layer, and cover the whole well with vinegar. Pour three or four tablespoonfuls of salad-oil over the vinegar, and leave it until required. The pieces of herring should be drained when wanted, and served either with cheese or as a relish for salads, breakfast, luncheon, &c. They may be used in a couple of days, but will keep good for some time.

Herrings, Red, Broiled.—Soak a couple of red herrings in a little warm water. This is unnecessary for fresh Yarmouth bloaters. Dry them well with a cloth, make four or five incisions crosswise on the back, dredge a little flour over them, and put them on a gridiron about six inches above a clear fire, or toast them before the fire. This fish may be opened at the back and rubbed inside with a little cold butter, if this is liked. Time, five minutes. Sufficient for two persons.

John Dory.—This fish is very nice boiled and served with oiled butter. When small it is exceedingly good wrapped in oiled paper, with butter, pepper and salt, and a dash of French white wine, and baked

in the oven. This latter is a great delicacy.

John Dory (en Matelote).—Chop small a dozen oysters—the tinned oysters may be used for this purpose—and mix them thoroughly with three boned anchovies also finely minced, a tablespoonful of chopped parsley, the eighth of a nutmeg grated, four tablespoonfuls of finely-grated bread-crumbs, and three ounces of butter. Mix all thoroughly, add pepper and salt to taste, the well-beaten yolks of two eggs, and eight tablespoonfuls of new milk. Put all into a stewpan, stir briskly over a gentle fire until the mixture thickens, then fill the Dory with the force-meat, and sew up the slit. Put the fish into a saucepan, barely cover it with cold water, and put with it a turnip, a carrot, a bunch of savoury herbs, a large sprig of parsley, a tablespoonful of vinegar, half a teaspoonful of bruised celery-seed, and a tablespoonful of salt. Boil gently until the fish is sufficiently cooked. Serve on a hot dish, and send the following sauce to table in a tureen with it:—Melt a piece of butter the size of an egg in a saucepan, fry in this three small onions sliced very thin, add a tablespoonful of minced parsley and another of minced chives, a tablespoonful of mushroom ketchup, a glass of claret, and a glass of the liquid in which the fish was boiled. Stew gently for a few minutes until the onions are done, strain through a cloth, and then add half a pint of good brown sauce. Boil until the sauce coats the spoon. A few drops of essence of anchovy and the juice of half a lemon may be added, if liked. Time, a quarter of an hour after boiling for a moderate-sized fish. Sufficient for six or eight persons.

Lamprey.—The lamprey is like a very tough eel. It can be cooked like eel (*see* EELS), only it requires more cooking. Those who have ever eaten lampreys will quite understand Henry the First's fatal attack of indigestion.

Ling.—Ling is a fish of the same species as hake, and, like that fish, is both cheap and nourishing. It is a native of the northern seas. In form it is not unlike the cod, but it is more slender, and grows to a length of six or seven feet. Its colour is grey, inclining to olive; the belly, silvery; the fins, edged with white. The tail-fin is rounded. The ling is a very voracious fish, feeding principally on smaller fishes. It is captured in vast quantities off the Orkney, Shetland, and Western Islands, and is also found near the Scilly Islands, and off Flamborough Head. In Britain it is little used as food. It is in perfection from February to the end of May. When ling are less than twenty-six inches long they are called *drizzles* on the Yorkshire coast, and are consumed by the natives,—being thought an excellent fish. When large they are coarse. They are salted, dried, and exported to Spain, and other southern parts of Europe, where the live fish are not met with. The sounds and roes are salted separately. The liver yields an oil similar to cod-liver oil. When boiled it is insipid, but when fried or baked is both palatable and wholesome. A very good pie may also be made from it.

Ling, To Cook.—Ling can be cooked precisely like hake. (*See* HAKE.) Its liver should be boiled separate, like cod. When the fish is baked or fried, the liver should be boiled, and mixed up in butter sauce with a little anchovy sauce (grocers') to serve with the fish.

Lobster, Mayonnaise of.—Send the lobster to table split in half, and serve Mayonnaise sauce in a boat separate. (*See* SALADS.)

Lobster Butter.—Whenever you get a lobster with any coral in it, pound the coral with enough butter to make a thick paste, add a pinch of cayenne pepper, and put it by in a little jar for use. This is called lobster butter, and is invaluable for lobster and shrimp sauce, as well as for lobster and shrimp patties.

Mackerel, Baked.—Get quite fresh mackerel; they may be known by their almost silvery brightness. If stale, they are limp in body, and red and dull-looking about the eyes and head. No fish can be more unwholesome when stale. Dying almost immediately after being taken from their native element, they should be used as soon as possible. They are good cooked in many ways. When baked, they should be cleaned, and the roes taken out, to be filled with a forcemeat prepared as follows:—Put into a basin four ounces of bread-crumbs, two ounces of butter broken into bits, half a teaspoonful of savoury herbs, a little chopped parsley, an anchovy boned and pounded, or a teaspoonful of anchovy sauce, pepper, salt, and cayenne, and an egg to cement. Onion, in very small quantity and shred very fine, may be added if the flavour be liked. Fill the fish with the forcemeat, and lay them neatly into a dish with small bits of butter, pepper, and salt. Bake half an hour in a moderate oven, and serve with maître d'hôtel sauce or plain melted butter. The roes should be placed in the baking-dish with the fish. Four fish sufficient for six persons.

Mackerel, Boiled. — Wash and clean carefully, after removing the roes. The mackerel is in its greatest perfection when there is little roe. Lay the fish and roes separately into cold water, and to a gallon of water add from three to four ounces of salt and two tablespoonfuls of white vinegar; when at boiling-point, skim and simmer only until done. Much depends on the size of the fish. Remove at once when done, or from their great delicacy of skin they will crack if kept in the water. The usual test, when the eyes start and the tail splits, should be attended to. Serve on a napkin with the roe, and fennel or anchovy sauce in a tureen. Time, about ten minutes after the water boils.

Mackerel, Broiled. — Large fresh fish should be procured for broiling. Cleanse the fish thoroughly and dry in a cloth, or hang it up in the air. Open it down the back, rub the inside with a little salt and pepper mixed, and smear with clarified butter or good oil. Put it into a thickly-buttered paper loosely fastened at each end, and broil over a clear fire; or it may be broiled without the paper, though the former mode renders the fish so cooked more delicate, and not so apt to disagree with the stomach as when exposed to the fire uncovered. Time, twenty to twenty-five minutes in paper; fifteen to twenty minutes to broil without paper.

Mackerel, Pickled.—Boil six mackerel in salt and water; when done, take them up, and lay them in a deep earthenware dish. Add half a pint of vinegar, a quarter of an ounce of whole black pepper, and three bay-leaves to the liquor the fish was cooked in. Let it boil for seven or eight minutes, and when quite cold, pour it over the mackerel, cover down tightly, and in twenty-four hours the fish will be ready for use. Time, fifteen to twenty minutes to boil.

Mackerel, Soused. — Boil, without breaking, two or three middle-sized mackerel; remove the bones and split the fish carefully down the

back. Simmer gently in a pint of vinegar and water mixed (in the proportion of two-thirds water to one-third vinegar), a bay-leaf, half a dozen whole peppers, a pinch of cayenne, and a little salt. Pour this liquor when cold over the fish: if put in a deep dish they will be covered with it, and should not be served until they have steeped some hours. Serve, with fennel as a garnish, on a flat dish. Time, fifteen minutes to boil. Simmer spice for five minutes.

Mussels.—Mussels are an exceedingly cheap and nice form of food, being generally sold at one penny a quart. Take two quarts of mussels, wash them thoroughly, and scrub them with a brush. Place them in salt and water for two or three hours to clean themselves from sand. Make the water as salt as sea-water. Take them out an hour before you want them. Take a saucepan, put into it a pint of water, two slices of onion and two slices of lemon, a few sprigs of parsley, and a pinch of thyme. Bring the water to a boil. Then put in the mussels, and as soon as they are open they are done. Serve them in a soup-tureen, with bread and butter. Vinegar and pepper can be eaten with them, like oysters. Their season is the same as that of oysters. Send up the liquor in which they were heated, in the tureen with them.

Mussels, Scalloped.—Cleanse the shells as before directed. Beard the mussels when boiled, and reserve the juice that flows from them; strain it through muslin. Butter some scallop-shells or patty-pans, and have ready finely-prepared bread-crumbs, seasoned with cayenne and a little white pepper and salt. Strew some of the crumbs over the bottom of the patty-pans or shells, and lay mussels over them; cover with the seasoned bread-crumbs and bits of butter, continuing until mussels and crumbs are used up. Moisten with the reserved liquor, and run a little oiled butter over the top. Brown in the oven, and serve hot. Time, a quarter of an hour.

Oysters. — Native oysters at 3s. 6d. a dozen are out of the reach of all save the very wealthy or extravagant. American blue-points are sometimes to be bought at 6d., and even 4d. a dozen, and for *cooking* purposes are quite equal to natives, if not superior.

In opening oysters for cooking, remember the great importance of catching the liquor in the shells. When oysters are eaten plain, thin brown bread and butter should be served with them, and a lemon cut into quarters; also serve with them plain vinegar, chilli vinegar, and black pepper and cayenne. Serve the oysters up in their deep shells, and keep in as much of the liquor as possible. Oysters really should be eaten without any vinegar or pepper at all.

Oysters, Scalloped.—Open a dozen oysters, saving the liquor; scald them in their liquor, adding just enough milk to cover them; strain them off; thicken the liquid with a little white thickening or some butter and flour; add a good amount of pepper, a saltspoonful of anchovy sauce, and a "suspicion" of nutmeg. Get two good-sized scallop-shells, or three ordinary-sized ones. Add sufficient bread-crumbs to the mixture to make it a nice moist sort of pudding. Place equal quantities in each shell, with the oysters. Shake some bread-crumbs over the top, and place some little pieces of butter, cut up small, over the crumbs. Shake a few bright golden-coloured bread-raspings over the whole, and make hot in the oven. Serve in the scallop-shells.

Some, especially French cooks, thicken with butter and flour till the mixture is as thick as double cream. Place this mixture in the shells with

the oysters as it is. Then shake a few bread-crumbs and raspings over the top, and warm in the oven. This is a richer way.

Oysters, Fried. — Scald the oysters in their own liquor as follows:—Place, say, a dozen blue-points in a saucepan with their liquor, and add enough water to cover them. Bring the water to a boil, and the instant it boils take it off the fire, or otherwise the oysters will get hard. Dry the oysters, flour them, dip them into batter, and fry them in some very hot fat. Serve on a napkin folded on a dish, with a little fried parsley. They can also be egg-and-bread-crumbed and fried.

Oysters, Roast.—Place, say, a dozen oysters deep shell downwards on a gridiron. As soon as the oysters begin to open, they are done. Serve in their shells, with thin brown bread and butter and lemon.

Oysters, Stewed. — Scald a dozen oysters in their liquor, with a little milk, only sufficient to cover them. Strain them off, and thicken this liquor with a little white thickening; add a saltspoonful of anchovy sauce, a very little nutmeg, and let the oysters stew in this, taking great care that they do not nearly boil. Half an hour will be sufficient to stew.

If this dish is recommended for an invalid, a quarter of a pint of cream, boiled separately, should be served with it.

Toasted bread should be served with stewed oysters.

Oysters, Tinned. — Tinned oysters are very valuable to assist sauces, soups, &c.; but as a rule the oysters themselves cannot be eaten, unless rubbed through a wire sieve. They are, however, sometimes used to mix with fresh oysters; and they will make soup, scallops, sauces, &c., of an inferior quality, served whole.

Pike, or Jack.—This is a fresh-water fish (*see* Fish, Fresh-water), and should be cooked very fresh. It is very nice when large, plain-boiled. For this purpose it should be scaled and cleaned soon after it is caught. Pour some boiling water on the fish, after which the scales can be easily scraped off with a knife. The fish should then be cut into slices about an inch thick, immediately thrown into fresh water, and kept there till they are wanted for cooking. Boil for about twenty minutes; and serve with parsley and butter, or Dutch sauce.

Pike, Stuffed and Baked.—Scale and clean the fish thoroughly, fill the paunch with some ordinary veal-stuffing (*see* Veal-Stuffing, p. 167), and sew up the fish. Bake in the oven. Baste with a little butter and its liquor as often as possible. When done, make this liquor into some sauce for the fish by adding a little gravy, lemon-juice, cayenne pepper, half a glass of sherry, and a teaspoonful of anchovy sauce. A few bread-raspings can be shaken over the fish. (*See* Fish, Fresh-water.)

This is a dangerous fish to give to young children, on account of the sharpness of the bones.

Pilchards.—These are not very commonly met with fresh, but are largely sold in tins. When fresh, cook them in every respect like herrings. When preserved in oil in tins, they can be eaten cold, like sardines; in which case a little lemon-juice and cayenne pepper should be served with them.

They also make a quick and not expensive curry, as follows:—Take a tin of pilchards, pour all the oil into a frying-pan, add a dessert-spoonful of curry powder, and mix about a teaspoonful of corn-flour with a tablespoonful of water, and add that, and stir up the oil in the frying-pan, when it becomes a little thick;

then warm up the pilchards in the frying-pan. Turn them on to a dish without breaking. Pour the thick curry sauce over them. This is a very good breakfast-dish, and can be prepared in five minutes. A few bay-leaves, warmed up in the sauce, are an improvement.

Prawns, Boiled. — Put two tablespoonfuls of salt to half a gallon of water, and bring the liquid to the boil. Throw in the prawns, and let them remain for about eight minutes. They are done enough when they change colour. Drain them on a sieve, and let them cool. They should be served while fresh. Stale prawns which are not too stale will be improved if they are thrown for one minute into fast-boiling water before they are served. Prawns are best when they have no spawn under their tails.

Ray.—This fish, which is in season during the winter months, is very similar to skate, and should be treated like skate in every respect.

Red Mullet.—Red Mullet is a fish quite different from, and much superior to, the grey mullet, with which it is sometimes confounded. It is dressed without being gutted, and on this account is sometimes spoken of as the sea-woodcock. It may be had all the year round, but it is in perfection only when the roe is forming—that is, during the heat of summer. The best mullet are those which are very red and short, with bright clear eyes and firm flesh. They are seldom boiled, though they are frequently broiled, baked, and fried. In cleaning them it will be necessary only to scrape them lightly, and to pull out the gills, when as much of the inside as ought to be removed will come away with them.

Red Mullet (en Papillote).—The best way to cook red mullet is to carefully wrap it up in well-oiled paper, with plenty of butter, pepper and salt, and bake it in the oven. Never clean the fish. The liver is the best part. Time to bake, about twenty to twenty-five minutes for small fish. Send to table in the paper. Not more than two can be cooked in one paper. Mullets are best cooked one in each paper. They are very pretty served without the paper, but the dish is too delicious to sacrifice flavour to appearances.

Roach.—Wash and clean the fish. Dry them thoroughly, and flour them. Fry them, and serve them with fried parsley. They may be accompanied with Harvey sauce, Worcester sauce, or anchovy sauce, or with cut lemon and cayenne pepper.

Roach are also nice grilled, after being well peppered. They are not particularly good boiled, but can be stewed in French white wine. (*See* FISH, FRESH-WATER.)

Salmon, Boiled.—It is an open question among cooks as to whether salmon is best put into boiling water or cold water. The great secret, however, of having salmon nicely boiled, is to have it thoroughly done; but, like a boiled potato, it must be served directly it *is* done. Cooks too often have to keep fish hot. When this is done, never keep it hot in the water in which it was boiled, but take it out, put it on a fish-strainer, and cover it with hot cloths till wanted. Boil in the usual way. The time for boiling salmon entirely depends upon its thickness. Do not forget to skim.

The best sauce to serve with salmon is lobster sauce; but shrimp sauce, caper sauce (do not chop the capers), or Dutch sauce can be sent up with it. Also serve cut cucumber with salmon.

Salmon Cutlets.—Slices of salmon cut an inch thick, and grilled in oiled paper, are sometimes called salmon cutlets. Also salmon can be

cut into little thin slices, the size of an ordinary cutlet, and these slices should be soaked for some hours in good olive oil, in which are mixed pepper and salt and parsley. The slices are then taken out, and grilled quickly over a fierce fire, a nice bright brown colour on each side.

The best salmon cutlets, for taste, economy, and also appearance, can be made out of the remains of cold boiled salmon as follows:—Pound the meat in a mortar, or mix it up in a basin; then add to each pound of meat a piece of onion the size of the top of the thumb down to the nail, a teaspoonful of chopped parsley, a saltspoonful of pepper, and a teaspoonful of anchovy sauce. The onion and parsley must be chopped very fine. Add sufficient butter to moisten it, and mix very thoroughly, and add one egg beaten up. Mould this mixture into little cutlets rather bigger than an oval picnic biscuit; flour them, to make them dry. Egg-and-bread-crumb them. Fry them a nice golden-brown in some very hot fat, and serve with fried parsley.

It is best to make these cutlets an hour before they are fried, as the bread-crumbs then dry a little, and brown more quickly. As the salmon is already cooked, the more quickly they are browned the better.

A very great improvement both in flavour and appearance to the above is to add a little lobster butter (*see* Lobster Butter), say a teaspoonful. It must be thoroughly mixed. A small bare bone an inch and a half long, cut from the end of neck of lamb or mutton, can be stuck into each cutlet to represent the bone, and a little paper frill tied round it; or a little piece of wood will do. The small hairy claws of a crab or lobster also make a good "bone." This makes a very pretty-looking dish.

Excellent salmon cutlets can be made this way from tinned salmon, especially if lobster butter is obtainable. This makes a very elegant and yet very cheap dish. Tinned salmon as a rule will not require any butter at all: it is rich and oily.

Salmon, Grilled.—Salmon is best cut in slices an inch thick and grilled in the ordinary way, basting it with a little butter. A slice of salmon tastes still better when it is wrapped up in a piece of well-oiled paper, and cooked on the gridiron in the paper. The fire must be very clear. Pepper and salt the slice of salmon before grilling it. Grilled salmon does not require any sauce such as lobster sauce; but Tartar sauce should be served with it, as well as dressed cucumber. Another nice sauce with grilled salmon, especially for breakfast, when cucumber is undesirable, is pickle sauce.

Salmon, Pickled.—Put the remains of a boiled salmon into a pie-dish, removing the big bones first, with a liquor composed of two-thirds of the water in which the salmon was boiled, and one-third vinegar. Add to, say, two pounds of salmon a teaspoonful of whole peppercorns. Let the liquor thoroughly cover the fish. Make it hot through in the oven, and then let it get cold. Serve in the liquor with a few sprigs of fennel. A bay-leaf or two may be added to the pickle. Skim the liquor after it gets hot. This quantity of vinegar will be found quite sufficient. English vinegar of a dark colour is better than so-called white-wine vinegar.

Salmon, Pickled (another way).—A whole salmon or part of one may be pickled, and will form a handsome dish; or, if preferred, the remains of cold boiled salmon may be preserved in this way. Receipes are given for both methods.

No. 1. Clean, scale, and boil a moderate-sized salmon in the usual way; drain it, and let it cool. Take equal parts of the water in which it

was boiled and of good vinegar: lot there be altogether as much liquor as will cover the fish. Put it into a saucepan with a dozen cloves, a blade of mace, a teaspoonful of peppercorns, and a teaspoonful of whole allspice; let it boil; skim it, stir a slice of fresh butter into it until dissolved, and pour it over the fish. Put it in a cool place till wanted. It will keep for some days if required.

No. 2. Put a whole fresh salmon or part of one into a large earthen jar; cover with equal parts of vinegar and water; add salt, cloves, peppercorns, and spices, as in the last recipe; and lay one or two bay-leaves on the top of the liquor. Bake the salmon in a moderate oven. When the flesh leaves the bone easily on being lightly pressed with the finger, it is done enough. Leave the salmon in the liquor in which it was baked, and set it in a cool place till wanted. If fresh vinegar is added, and the pickle is boiled every now and then, it will keep good for some time, and may be used again and again for the same purpose.

No. 3. Split a salmon open down the backbone, and divide the flesh into pieces about five inches square. Sprinkle salt and pepper over the pieces, and lay them in an earthen pan. Pour as much good vinegar over them as will cover them, set the lid on the pan, and put in a moderate oven. Bake the fish gently until done enough. Keep it under the pickle until it is wanted, and serve with a small portion of the pickle in the dish with it.

Salmon, Smoked. — Salmon, smoked when it is good, makes an excellent salad mayonnaise. It should be cut very thin with a sharp knife. If possible, have the slices the thickness of a five-pound note.

Smoked salmon cut thin can also be sent up as an appetiser or *hors-d'œuvre*. It is also excellent cut in slices and made hot in a clean frying-pan. This is a very appetising dish for breakfast.

Salmon, Tinned. — Tinned salmon can be eaten cold with oil or vinegar, or it can be made into cutlets (*see* SALMON CUTLETS). It also makes excellent sandwiches suitable for suppers. Pound the fish in a mortar with some anchovy sauce (a dessertspoonful to a small tin), also some cayenne pepper and black pepper. A little lobster butter is a great improvement. Spread this mixture between very thin slices of bread.

Salmon (à la Genevèse).—Divide a moderate-sized salmon into three parts. Boil these in the usual way, and when they are done enough, scrape the scales from the salmon, and lay the pieces in a line on a dish about an inch apart from one another. Have ready prepared some good Genevese sauce, pour some of this over the fish, and send the rest to table in a tureen. The sauce may be prepared as follows:—Mince finely a quarter of a pound of undressed lean ham. Put this into a saucepan with the red part of a small carrot scraped to pulp with a sharp knife, a little nutmeg, three cloves, a bunch of parsley, a sprig of thyme, and a slice of fresh butter. Cover the saucepan closely, and let its contents steam very gently for three-quarters of an hour. Dredge a teaspoonful of flour over the preparation, rub out the lumps, then moisten the whole very gradually with a pint of good veal-stock. Simmer the sauce an hour longer, strain and skim it, put it into a clean saucepan, add a spoonful of brown thickening, and when it is smooth and thick add two tablespoonfuls of lemon-juice, a teaspoonful of essence of anchovies, a wine-glassful of good sherry, and a little salt or cayenne. Time to make the sauce, two hours. Or lay a small slice of fresh butter

in a saucepan, and when it is dissolved put in with it a moderate-sized onion or two shallots finely minced, a bunch of parsley, a sprig of thyme, two bay-leaves, a little nutmeg, and a little pepper and salt. Stir these ingredients over a gentle fire for ten minutes, then moisten gradually with half a tumblerful of sherry or Madeira, and let them simmer gently for half an hour. Take two slices of salmon a little more than an inch thick. Put them into a separate saucepan, and strain the sauce over them. Stew the fish gently in this, and when it is done enough (which it will be when it will leave the bone easily), pour off the sauce into another saucepan, leaving only as much as will keep the salmon from burning. Put with the sauce half a pint of strong veal-stock, a teaspoonful of essence of anchovies, the strained juice of a lemon, and a teaspoonful of brown thickening. Boil the sauce till it is smooth and thick, and add pepper and salt. Lift the salmon on a hot dish, pour part of the sauce over it, and send the rest to table in a tureen. Time, an hour and a quarter to an hour and a half. Sufficient for five or six persons.

Salmon, Baked.—Cut the fish into slices three-quarters of an inch thick. Wash it lightly in salted water, and dry it in a cloth. Take three-quarters of a pint of good melted butter, mix with it a pinch of cayenne, a tablespoonful of ketchup, a glassful of port, and one boned anchovy. Stir the sauce over the fire till the anchovy is dissolved, and strain it over the fish. Cover the dish, and put it into a moderately-heated oven. When done enough, serve in a hot dish, with the sauce poured round the salmon. Time to bake, about three-quarters of an hour. Salmon can also be wrapped up in well-oiled paper and baked in the oven quite plain.

Salmon, Mayonnaise of.—Mayonnaise of salmon consists of salmon boiled and then allowed to get cold, served with salad and mayonnaise sauce. It is a dish which is very highly esteemed, and one which affords ample scope for the display of the artistic faculty. The salmon may be boiled and dished whole, or it may be divided into flakes two inches long and an inch wide. Instructions for both methods are here given. The salmon may be boiled in the usual way, or for a superlative dish it may be dressed as follows:—Put a moderate-sized carrot sliced into a saucepan with four shallots, a handful of parsley, a sprig of thyme, a sprig of chervil, a bay-leaf, a teaspoonful of salt, and a slice of fresh butter. Steam the ingredients for four or five minutes, then pour in as much boiling water as will barely cover the fish, and add two glassfuls of light wine. Put in a piece of salmon weighing about five pounds, let it boil up quickly, skim the liquor, then draw the saucepan back a little, and simmer the fish gently till it is done enough; drain it, and leave it till cold. If the salmon is to be served whole, dish it on a napkin, garnish round with small salad and crayfish, and stick prawns and parsley into the salmon with silver skewers. Send mayonnaise sauce to table in a boat. When the salmon is to be broken up, boil it, let it get cold, remove the skin and bone, and divide into neat pieces. Trim these carefully, and if plainly boiled, season each one with oil, vinegar, pepper, and salt. Trim and wash two large lettuces or any other salad. Dry the leaves perfectly by shaking them in a napkin held by the four corners. Shred them finely, put a layer of salad in a bowl, place on this two tablespoonfuls of the sauce, and then part of the salmon with a little more sauce, and repeat until all the ingredients

are used. Ornament the top with slices of fresh cucumber, garnish the base with a border of hard-boiled eggs, prawns, &c., and let a trellis-work of beetroot rest upon the eggs. The decoration of this dish may be varied indefinitely. (*See* MAYONNAISE SAUCE, which can be made some time before if kept in a cool place.) A mayonnaise by no means to be despised may be made from tinned salmon. When the fish is torn into flakes, three-quarters of a pound of salmon will make a dish sufficient for six persons.

Salmon Trout.—This fish is best grilled whole. It can be treated like salmon in every respect, but is far nicer grilled than boiled, except when it is very large, which rarely happens. Cucumber and Tartar sauce should be served up with it. Should you re-dress it for cutlets, &c., remember its flavour is more delicate than salmon; therefore add less seasoning of any kind, especially anchovy.

Salmon Trout, Stuffed and Baked.—Take a good-sized trout, weighing two to three pounds. Clean and scale it, handling it as little as possible, and fill it with fish forcemeat. Put it into a baking-dish, and pour a marinade or pickle (made with a spoonful or two of vinegar boiled with vegetables and spices to flavour it) underneath and round it; lay a good slice of butter broken into little pieces here and there on the fish, and bake in a moderate oven. Baste frequently with the marinade. When the fish is done enough, keep it hot a few minutes. Strain the liquor in the dish, add some stock to it to make the quantity of sauce required, thicken this with flour and butter, season with a little anchovy, the squeeze of a lemon, and a pinch of cayenne. Skin the trout, strain the sauce over it, and serve. The forcemeat may be made as follows:—Take two ounces of finely-shred suet and two ounces of grated bread-crumbs; mix with these a teaspoonful each of parsley, thyme, and marjoram; and add a large pinch of salt, a pinch each of grated nutmeg, pepper, and lemon-rind. Bind the forcemeat together with the yolk of an egg, and it will be ready for use. Time to bake the trout, twenty to thirty-five minutes, according to size. Sufficient for two or three persons.

Sardines, To Serve.—Sardines are generally served in their tins. Lemon-juice and cayenne pepper are a great improvement.

Sardines, Curried.—Sardines are very nice curried. Proceed exactly as in currying pilchards. (*See* PILCHARDS.)

Sardines, To Choose.—The best are the small sardines caught on the coast of Provence, in France. From a thousand to twelve hundred fishing smacks are engaged in catching these fish off the coast of Brittany from June to the middle of October of each year. The French often cure sardines in red brine, and when thus prepared designate them *anchoisées* or *anchovied sardines*. These are packed in vessels previously used for holding wine, and exported to the Levant. When quite fresh, sardines are considered excellent: they entirely lose their flavour, however, if kept for any length of time.

On the Mediterranean coasts of Italy and France sardine-fishing takes place in the summer months. The fish are cured by washing in salt water, sprinkling with salt, removing the head, gills, &c.; washing again, drying in the sun and wind, steeping in boiling olive oil, draining, and packing in small square tin boxes; the boxes are filled up with oil, the lids soldered on, and the boxes exposed for a short time to the action

of steam or hot water. These cured sardines are largely exported to various countries, where they are considered a delicacy. The real sardine resembles a small pilchard; but many of the fish cured as sardines are not genuine: they are either sprats, pilchards, or small herrings. At Deal there are several "sprat factories" where sprats are tinned and sent abroad as sardines.

Sardine Salad (a German dish).—Take any cold, dressed fish; free it from skin and bone, and tear it into flakes. Put a layer of it in the centre of a dish, and sprinkle lightly over it a small portion of minced gherkins and bruised capers. Place on this a layer of sliced German sausage, and arrange on the top of the pile sardines split into halves and freed from bone and skin. Cut lettuce-hearts into quarters, place these round the salad, and garnish the dish with hard-boiled eggs cut into quarters lengthwise. At the moment of serving, pour over the salad a sauce prepared as follows:—Take the flesh of three sardines freed from skin and gristle, rub this in a mortar to a smooth paste with the yolks of two hard-boiled eggs; and add a pinch of cayenne, a grate of nutmeg, and two tablespoonfuls each of oil, vinegar, and light wine. Add the ingredients slowly, and beat the sauce well between every addition.

Scallops.—Scallops are best scalloped (hence the term). Wash them thoroughly, as they are apt to be gritty. Let them *simmer* very gently in a little milk. Take them out and thicken the milk with a little white thickening, or butter and flour. Make it as thick as double cream. Put them back in their deep shells (two scallops in each shell) with some of the thickened milk, to which must be added a teaspoonful of anchovy sauce (say, for twelve scallops), half a saltspoonful of cayenne, and a little grated nutmeg, and the juice of a quarter of a lemon. Mix in a few bread-crumbs, and cut up some butter into little pieces. Shake some bread-crumbs over the top, and lay some little pieces of butter on them, and bake in the oven till the crumbs are brown. If they don't brown quickly, a red-hot shovel will assist. You must put plenty of little pieces of butter on the top of the bread-crumbs, or you can nearly oil some butter and pour it over the crumbs. Scallops should never be dry.

Scallops, Stewed.—Procure the scallops alive and quite fresh. Open the shell like an oyster, trim away the beard and the black parts. Wash the scallops in two or three waters, then put them into a saucepan, pour over them as much water as will cover them, and simmer them gently till tender. Take them up, thicken the liquor with flour and butter, and season it with pepper, salt, and vinegar; serve the fish on a hot dish with a little of the sauce poured over. Time to boil, one hour. Sufficient, a dozen for three or four persons.

Bream.—This is a coarse fish, and, like all other coarse fish, is best stuffed and baked. First, carefully clean the fish, and scrape off all the scales, and wash it in cold water after scraping, to see that all the scales are removed. This is a troublesome job. Make some ordinary veal-stuffing, and put it in the fish. Bake the fish in the oven, basting it with a little butter, and occasionally turning it. When tender, take out the fish, and shake some bread-raspings over it to give it a colour. Drop a little flour into the tin with the butter, and mix it up, and add to it a little water, pouring all the contents of the tin into a saucepan. Boil the sauce, which will become thick; add a little cayenne pepper, or a couple of teaspoonfuls of soy, or a tablespoonful

of ketchup. A few drops of lemon-juice can also be added. Serve the sauce separately.

Shad.—Shad is a sea-fish very common on the Continent, especially in Belgium, where, under the heading of "Alose" in bills of fare, it has often puzzled strangers, as shad is seldom met with in England. It is a cheap fish, exeeedingly nice—resembling herring in flavour. When small, it is best grilled; when large—*i.e.*, over two pounds in weight—it is best baked. Serve mustard sauce with it.

It can also, especially when large, be stuffed with veal-stuffing.

Shad, Broiled.—No. 1. Scale a fish, eut off its head, empty and wash it carefully, split it open down the sides of the backbone, and, if liked, divide each fillet into pieces two or three inches wide. Wipe these pieces with a soft eloth, dip them in oil, and broil them gently until done enough. Remember to lay the inner part of the flesh to the fire first; and when one side is done, turn it upon the other. Work a teaspoonful of salt and a teaspoonful of pepper into four ounces of butter with a knife. Lay the paste on a hot dish, and turn the broiled fish two or three times in it. Put the dish-cover over it, and keep it in a hot place till wanted.

No. 2. Clean, empty, and dry a fish weighing about two pounds, and score it aeross the back. Sprinkle a little pepper and salt over it, pour upon it as much oil as will cover it, and let it lie until it is well soaked. Broil it over a clear, steady fire; and when one side is done, turn it upon the other. Drain it, serve on a hot dish, and send up oil and vinegar, or caper sauce, sorrel sauce, or maître d'hôtel butter, with it. Time, half an hour to soak the fish, and about eighteen minutes to broil each side.

Shrimps.—Shrimps must be boiled alive, and are not worth eating unless perfectly fresh. The brown shrimp is superior to the red or pink. Throw them into boiling salt and water. Time, about five minutes.

Shrimps, Curried.—Piek a quart of shrimps. This will make about half a pint. Put the heads in a saucepan with a couple of table-spoonfuls of water, and crush the heads with a spoon, pressing out the goodness. Strain the liquor off; see that it is not too salt. Add to it a little curry sauce; warm up the shrimps in it, and serve in a border of rice.

Shrimps, To Shell.—It may seem trifling to those who know how to do it, to say anything about shelling shrimps; but when there is a right way and a wrong way, it is surely worth while to practise the former. When shrimps are boiled alive, the muscle contracts, and folds the tail beneath the body; when the tail remains extended after boiling, it is because the shrimp was dead, and it will be found soft and worthless. There is a difference in the shape of the different speeies of shrimps. The tail of the brown shrimp is *quite rounded* at the bend, like that of the lobster; whereas the tail of the red shrimp and the prawn presents a sort of knee or angle. To shell a brown shrimp, take the head between the right finger and thumb, with the left finger and thumb-nail raise on each side the shell of the tail nearest the head; pinch the tail, and the shell will come away entire. At Honfleur and other parts of the Norman coast the finest brown shrimps are pieked out to be sent to table as plates of *hors-d'œuvres;* while the small ones are shelled, to make patties and *vol-au-vents*, by women who perform their task with incredible rapidity.

Comfortably seated on a low, rush-bottomed chair, with their feet kept warm in a small tub or keeler, they make the shelled shrimps fly from their fingers to the basin which receives them almost as if discharged in a stream by machinery. To peel red shrimps and prawns, take the head between the thumb and second finger of the right hand; take the tip of the tail between the left finger and thumb; with the nail of the right forefinger raise the section of the shell which forms the knee or bend; pinch the tail, and the naked flesh will be left attached to the head. Shrimps will not shell easily if they are at all stale.

Shrimps, Stewed.—Shell as many freshly-boiled shrimps as will measure a pint when shelled. Bruise the heads and shells, and boil them gently in a quarter of a pint of light wine, a quarter of a pint of water, and with a seasoning of salt, cayenne, and nutmeg. Strain the liquor, and let it stand a few minutes. Then pour it off, freed from sediment; put it back into the saucepan, and thicken it with flour and butter. Put in the fish, and simmer them till they are thoroughly heated. They must not boil, or they will be hard. Toast a slice of bread, cut it into small squares, lay it on a dish, and pour upon it the fish and sauce. Serve hot. Time to boil the shells, twenty minutes.

Skate, Boiled.—Let the skate hang a couple of days, then skin it, and cut it into pieces about four inches square—some cut out of the thick part, and some out of the thin. Tie the pieces with string to preserve the shape, and put first the thick pieces, and a couple of minutes afterwards the thin pieces, into a kettle with boiling water, which has been prepared for the fish by the addition of a handful of salt, two tablespoonfuls of vinegar, and a sliced onion, to a gallon of water. Boil the fish gently till done enough. The time required will depend upon the thickness. The liver, which is highly prized, should be boiled separately, and served at the side; or finely chopped and mixed with parsley and butter. Good melted butter flavoured with lemon-juice, caper sauce, shrimp sauce, or anchovy sauce, may be served with skate; or there may be a sauce prepared as follows:—Dissolve four ounces of butter in a small saucepan, and stir in with it a teaspoonful of chopped parsley and a tablespoonful of vinegar. Simmer three minutes, and serve. Time to boil the skate, fifteen to twenty minutes.

Skate, Fried.—Cut the skate into square pieces; let these lie in cold water with a little vinegar or lemon-juice, a sprig of parsley, and a few peppercorns, for an hour; drain, dry, and flour them; dip them in egg and bread-crumbs, and fry them in hot dripping till they are lightly browned. Send brown sauce, tomato, piquant, or caper sauce to table with them. Time, eight to ten minutes, according to thickness. If skate is too much done, it is spoiled.

Skate with Black Butter Sauce.—Take about two pounds of white skate, wash it well, and put it into a saucepan with as much cold water as will barely cover it, a cupful of vinegar, a sliced onion, a bunch of parsley, and a little pepper and salt. Bring the liquor gently to the boil, skim it, then draw the saucepan to the side, and let its contents simmer gently for ten minutes. Five minutes before the skate is done enough, put in the liver, and boil it also. Take up the skate, drain and trim it, and skin it on both sides. Put it on a dish, sprinkle a little salt and pepper on it, place the liver on the side, and garnish with fried parsley. Have

ready prepared a little brown butter sauce; pour this over the fish, and serve immediately. The sauce may be made as follows:—Put four ounces of fresh butter into a saucepan, and stir it over a sharp fire till it is brown without being burnt. Add two tablespoonfuls of tarragon vinegar, two tablespoonfuls of Harvey's sauce, a tablespoonful of bruised capers, a quarter of a pint of black butter, and half a teaspoonful of essence of anchovies. Simmer all gently for five minutes, and serve up. Time altogether, about three-quarters of an hour to prepare. Sufficient for four or five persons.

Skate with Liver Sauce.—Boil the skate as in recipe Skate with Black Butter Sauce, skim it, serve on a hot dish without a napkin, and pour over it a sauce prepared as follows:—Boil the liver of the skate for five minutes, drain it, and bruise it in a mortar. Moisten with a little of the liquor, and rub it through a sieve. Dissolve a slice of fresh butter in a saucepan over a brisk fire, and stir into it three or four mushrooms chopped small, a small bunch of parsley picked and finely shred, and a clove of garlic minced (the latter may be omitted, and a shallot or a small onion may be substituted for it). Dredge a tablespoonful of flour over these ingredients, and add the prepared liver, the flesh of an anchovy, a tablespoonful of bruised capers, and half a pint of stock made from bones. Stir the sauce over the fire for a few minutes, add a little more thickening if necessary, and pour it upon the fish. Time altogether, three-quarters of an hour.

Smelts, Baked (au Gratin).—Take a dozen smelts, clean and dry them, and trim away the fins. Butter a pie-dish thickly, and sprinkle on the bottom finely-grated bread-crumbs; then add pepper and salt, finely-chopped parsley, mushrooms, and shallot. Put the smelts in a row in the dish, sprinkle seasoned bread-crumbs on the top, and pour upon the fish a teaspoonful of sherry, or a dessertspoonful of lemon-juice, and half a teaspoonful of essence of anchovy. Place little pieces of butter here and there on the fish, and bake them in a moderate oven. When done enough, serve the smelts quite hot in the dish in which they were baked. A little grated Parmesan cheese may be sprinkled over the top. Time, a quarter of an hour to bake the smelts. Sufficient for five or six persons.

Smelts, Broiled.—Draw carefully and wipe a dozen large smelts, flour them well, and lay them on a gridiron over a gentle fire. When half done, turn them carefully upon the other side. When they are done enough, put them on a hot dish, sprinkle a little salt upon them, and serve immediately. A cut lemon or a little sauce may be sent to table with them, if preferred. Time, five or six minutes. Sufficient for six persons.

Smelts, Fried.—Draw and wipe the smelts, trim off the fins, soak them in milk, and flour them well; or, if preferred, flour them, and then dip them in beaten egg and bread-raspings. Fry in hot fat till they are crisp and brown, using a wire frying-basket. Drain them on blotting-paper, sprinkle a little salt over them, and serve on a napkin on a dish. Put half a lemon at each end of the dish, and garnish with fried parsley. If liked, the lemon may be omitted, and shrimp or Tartar sauce may be served with the smelts. Time to fry the smelts, one minute if the fat smokes. Sufficient, a dozen for five or six persons.

Sole (à la Maître d'Hôtel).—Fillet the soles, and dip the pieces in some

oil seasoned with pepper and salt, and chopped parsley. Roll up the pieces, and grill them over a clear fire. They will be done as soon as they cease to be transparent. Stew the bones and fins in a little water, in which have been placed a small slice of onion and a sprig of parsley. Stew this down to half a pint, strain it off, thicken it with some white thickening, add a little more butter, a teaspoonful of chopped parsley, and two teaspoonfuls of lemon-juice. The rolled fillets of sole can be placed on end in a vegetable or silver dish; the sauce, made thick, can be poured over them. Then ornament as follows:—Cut little pieces of red chilli and green gherkin, the size of a threepenny-piece; place a piece, alternately red and green, on each piece of sole. (*See* MAÎTRE D'HÔTEL SAUCE, p. 29.)

Sole au Gratin.—Chop up one or two good-sized mushrooms, or a small tin of mushrooms, with a small piece of onion the size of the top of the thumb, a teaspoonful of chopped parsley, a piece of lemon-peel the size of the thumb-nail; add pepper and salt. Fry these with two ounces of butter in a frying-pan for four or five minutes. Egg-and-bread-crumb a sole, place it in a baking-dish, and pour this mixture over it. Bake in the oven for ten minutes. Then turn the fish over, shake a few bread raspings over it, add a teaspoonful of sherry to the sauce, and a tablespoonful of good gravy. Shake a little grated Parmesan cheese over the top. Bake till it is a light brown colour on the top. Serve the sole in the tin.

The best tin for sole au gratin is a long oval one, not much bigger than the sole itself.

A cheap way of making sole au gratin is to egg-and-bread-crumb the sole, and bake it in the oven with some butter, chopped onion, parsley, and lemon-peel; pepper and salt as above. Baste the fish. Add a teaspoonful of wine and a very little grated cheese.

Sole, To Fillet.—Soles are best filleted at home, for the sake of the bones and fins, which make such excellent sauce. To fillet a sole, make a deep cut from head to tail down the side of the backbone, touching the backbone. Then commence cutting the flesh away from the ribs, keeping the edge of the knife touching the ribs. When you cut the flap of flesh so far down that you meet the points of the little fin-bones, cut the flap off. One sole will make four fillets. The knife had better not be too sharp, or it will cut into the bones. It is best to cut off the head and tail first. The head and tail, bones and fins, will all stew down to make excellent sauce.

Sole (à la Colbert).—Take a thick sole, scale it, draw off the dark skin, and clean it; with a sharp knife loosen the flesh from the bone on one side, without taking it off; make an incision on both sides of the bone down the length of the fish, and with the handle of a knife break it in one or two places, so that when the fish is done enough the bone may be removed without spoiling the appearance of the fish. Replace the flesh on the bone where it has been disturbed. Egg-and-bread-crumb the fish, let it stand an hour, and then fry in the usual way. (*See* SOLE, FRIED.) When done enough, carefully remove the backbone, and in the cavity thus made place a little maître d'hôtel butter. Serve the fish on a hot dish, garnish with parsley, and send a cut lemon, or, if preferred, plain melted butter or maître d'hôtel sauce to table with it. The maître d'hôtel butter can be made as follows:—Wash a handful of picked parsley-leaves, chop them finely, put them in the corner of a napkin, dip them in cold water, and wring them dry. This second washing will decrease the raw taste of the parsley.

Put it in a basin, and with it a piece of fresh butter the size of an egg, a little pepper and salt, and a tablespoonful of lemon-juice. Mix the butter and parsley with the point of a knife till smooth and creamy, when it will be ready for use. It must not be melted, or it would turn oily. Time, about twenty minutes to fry a thick fish. Sufficient for two or three persons.

Sole, Baked.—Take a thick and very fresh sole; scale, skin, and trim it; wipe it dry with a soft cloth, and if convenient let it lie folded in this in a cool place for an hour or more before dressing. Season lightly with salt and pepper, flour well, and, if liked, egg-and-bread-crumb the sole twice. Lay it in a buttered baking-dish, put little pieces of butter here and there upon it, and bake in a moderate oven. Shake the dish occasionally to keep the fish from sticking to the bottom. When done enough, lay it on a reversed sieve before the fire for a few minutes to drain the fat from it. Put it on a hot dish covered with a napkin, and garnish with parsley and cut lemon. Send melted butter flavoured with anchovy sauce and chilli vinegar to table in a tureen; or make sauce by mixing the gravy which flows from the fish with a little lemon-juice, a teaspoonful of the essence of anchovies, and a spoonful of stock. A glassful of wine is sometimes added to sauce thus made, but it is scarcely necessary. If more than one sole is to be baked, it should be remembered that they must be done in single layers—that is, they must not be laid one upon the top of another. Time to bake the sole, fifteen to twenty minutes. Sufficient, one good-sized sole for three persons.

Sole, Baked (en Matelote Normande).—Prepare a stuffing as follows:—Mince finely and separately a dozen mushrooms, a small handful of picked and washed parsley-leaves, and one shallot. Mix these ingredients together, put them into a saucepan, and fry them with two ounces of fresh butter, a little pepper and salt, and a small pinch of powdered spice. Now stir the mixture over the fire for five or six minutes, take it off the fire, beat the yolks of two eggs, and mix them with the herbs; stir them over the fire again for about half a minute, and spread the forcemeat on a plate to cool. Cleanse and trim a fresh thick sole; remove the bone carefully, so as not to deform the fish, and put the cold forcemeat in the cavity thus prepared. Lay the sole in a buttered dish or saucepan, season with salt and pepper, and moisten with a glassful of French white wine; a wineglassful will be enough for one sole. Cover the fish with buttered white paper, to prevent its acquiring any colour, and bake until done enough. Watch it carefully whilst it is baking, as if it is too much done it will be good for nothing. Serve on a hot dish. If liked, tomato or shrimp sauce may be sent to table with the fish. Time to bake the sole, according to size.

Sole, Boiled.—The flesh of a boiled sole is tender and delicate, and somewhat resembles turbot in flavour. It is particularly suited for invalids and convalescents. Choose the fish fresh and very thick (a sole for boiling should weigh at least two pounds), scale and clean it, remove the fins and gills, but do not take off the brown skin. Put it into plenty of cold water, or into lukewarm water if the sole be a thin one, with a tablespoonful of salt and a tablespoonful of vinegar; let the liquor boil, skim carefully, then draw the pan to the side, and let its contents simmer very gently till the fish is done enough. When this point is reached, the flesh will shrink from the bone. In taking up the sole, set the fish-drainer across the kettle for a minute, then lay the fish

on a dish covered with a warm napkin. The white side must be uppermost. Garnish with parsley and cut lemon (a little lobster coral, if any can be obtained, can be sprinkled over it with chopped parsley), and send melted butter, or shrimp, anchovy, caper, lobster, or oyster sauce to table in a tureen. Some cooks plunge the fish into boiling water, and boil it gently until done enough; but it is more usual to put it into cold water. Time to boil the fish, according to size. A good-sized fish will take seven or eight minutes from the time the water boils.

Sole, Fried. — Choose a sole weighing from three-quarters of a pound to a pound, scrape thoroughly, cut off the fins and gills, wash the fish well, and wipe it dry; take off the dark skin, by cutting it at the tail and drawing it over the head. The roes may either be taken out, or left in and fried with the fish. Dry the sole thoroughly, flour it, and brush it over on both sides with well-beaten yolk of egg; shake very finely-grated crumbs of bread all over, and leave it in a cool place for an hour, if time will permit. Put into a frying-pan as much good dripping as will, when melted, cover the fish. When it is quite hot—that is, when it commences to smoke—immediately put the fish into it. When it is brown on one side, turn it upon the other by means of a strong fork stuck firmly into the head of the fish. When done enough, place it on a hot cloth, and put it in the front of the fire to drain the fat from it. The cook should on no account omit to do this, as greasy fish is exceedingly unpleasant. Place a warm napkin over a fish-drainer on a dish, lay the sole on it, and garnish with fried parsley. Send melted butter or shrimp sauce to table in a tureen. The inexperienced cook will find it to her advantage to use very fine bread-raspings, or crusts of bread dried and browned in the oven and finely pounded, instead of bread-crumbs. By using these she will insure the good appearance of the fish. It should be remembered that fat which has been used for frying fish can be used, for that purpose *only*, again and again, if immediately after being used it is cooled a little, then poured through a metal strainer to free it from crumbs and make it pure and clean, and put aside in a cool place for future use. Great care must be taken to prevent it burning, and fresh fat may be added when necessary. Sometimes when a sole is held up to the light, though it is fresh, a dark streak may be seen by the side of the roe. This arises from the fish having been so closely packed with the others after it was caught that it was literally smothered to death. In cases like this the roe should be removed before the fish is fried. When eggs are scarce or expensive, a thin batter of flour and water may be used instead of egg and bread-crumbs. Time to fry a moderate-sized sole with plenty of smoking fat, five minutes. Sufficient, one pair of soles for three or four persons.

Sprats.—Sprats are a cheap and delicious fish. They are best grilled. The greatest drawback to sprats is that they make the whole house smell. A wire shut-up gridiron is best for sprats. Flour them and grill them; when done on one side, turn the gridiron over and do the other side. Bread and butter should be served with sprats; and some persons like lemon-juice and cayenne pepper with them.

Sprats are best cooked in relays — a few sent up hot, and a few more five or ten minutes afterwards. As in frying, shut the kitchen door. Time to grill, two or three minutes, according to the fire.

Sprats, Dried.—Dried sprats are sometimes eaten plain, but they

are very dry and salt. If liked, they may be slightly broiled; but perhaps the best way of serving them is to put them in a basin, pour boiling water upon them, then in a few minutes skin them, and serve them very hot.

Sprats, Fried. — Clean the sprats, dry them well, draw them at the gills, dredge them with flour, and run a small skewer through the heads of about a dozen of them. Fry them on the skewer in plenty of hot fat, and when they are nicely browned lift them on a hot dish covered with blotting-paper, and put them before the fire till the fat has drained from them. Fold a warm napkin; lay this on a hot dish, draw the skewer from the sprats, place them upon it, and garnish the fish with parsley and lemon. Serve as hot as possible. Sometimes the sprats are dipped in egg and bread-crumbs before being fried. Time to fry, two or three minutes. Sufficient for one or two persons.

Sprats, Pickled.—Sprats are very nice pickled. Bake them in the oven in a pickle composed of two-thirds water, one-third vinegar; add to a quart a teaspoonful of peppercorns and three or four bay-leaves. Let them get cold. This is a nice cheap breakfast-dish; indeed, many prefer it to pickled salmon. The sprats can be taken out of the pickle and eaten with a little oil and pepper.

Sturgeon.—Sturgeon is a very large fish, of rather yellow appearance, and is sometimes sold cheap, at sixpence (and even less) a pound. It is a most substantial fish, very satisfying, and much like veal. Very few persons would know the difference between sturgeon and veal cutlet if cooked as follows:—

Take a slice of sturgeon an inch thick (weighing, say, three pounds), take a bottle of dried mixed herbs (*see* Herbs), and pour some out into a sieve. Shake the sieve over the raw fish, first one side and then the other, and dry it, using the sifted herbs instead of flour. When quite dry, egg-and-bread-crumb it, and fry it till it is nicely browned. Like veal, it wants a lot of cooking. Next make a strong fish stock (with, say, the bones of a sole that has been filleted), adding some parsley and a couple of slices of onion. Boil this till there is barely more than half a pint. Strain off the liquor, and add to it a small tin of mushrooms, liquor and all. Thicken this with some brown thickening till it is as thick as double cream. Add a dessert-spoonful of ketchup, and another not quite full of soy. Pour the sauce round, not over, the fish. Ornament as follows:—Pick out five or six of the largest mushrooms, cut off the round tops, glaze them with a little soy, and place them on the cutlet alternately with some small crayfish. This sauce, which does not contain any meat, has the appearance of rich brown gravy. The fish tastes like veal, the more so owing to the herbs, which are the same as those used for veal-stuffing.

Without the mushrooms and crayfish, the latter being purely for ornament, it is really a very cheap dish if the fish is cheap.

Sturgeon (M. Ude's way).—Boil the sturgeon in salt and water. When it is done, drain, and mask or cover it with the following sauce:—Reduce in a small stewpan four spoonfuls of elder vinegar; when it is half reduced, put in six spoonfuls of velouté, or rather a quantity proportionate to the size of the fish, and half a spoonful of cavice; thicken the sauce with three yolks of eggs, and add a quarter of a pound of butter and some salt and pepper. Work this sauce well; drain the fish, and

cover it with the sauce. In order to keep it thick and white, mix with it a little thick cream.

Sturgeon, Baked.—Take a small sturgeon, skin and cleanse it thoroughly, and remove the inside. Lay it in a large baking-dish, and sprinkle a little chopped parsley over it, together with a little pepper and salt. Moisten with a tumblerful of white wine; lay some little pieces of butter here and there upon the fish, and bake in a moderate oven. Baste it frequently. When it is nicely browned, serve the sturgeon on a hot dish, with its own sauce poured round it. Time to bake, about an hour.

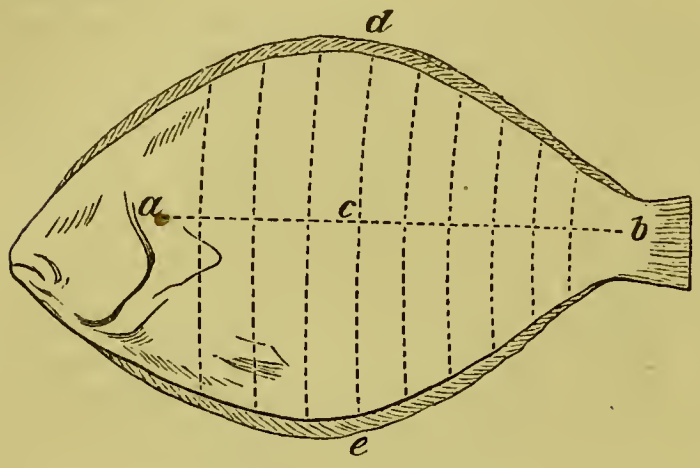
Sturgeon, Fried.—Cut the fish into slices, and fry in the usual manner; then pour off the fat, and put a little flour and boiling water into the pan. Pour this into a stew-pan, and add to it some sweet herbs and an onion, and season with pepper and salt. Let the fish stew till quite tender, then strain the sauce, and serve it poured round the fish, adding first a little lemon-juice.

Sturgeon, Stewed.—Dip the slices of fish in vinegar, then dry them, dredge them with flour, and broil or fry them. Next lay them in a stewpan with some good broth, and let them stew gently till quite tender; thicken with butter or cream, half a glassful of wine, and a spoonful of soy, ketchup, or Harvey's sauce; throw capers over the top, and serve up garnished with slices of lemon.

Turbot, Boiled.—Empty the fish, wash it inside with scrupulous nicety, then remove the scales and gills, and trim the fins, but do not cut them off, as the gelatinous parts about them are esteemed a great delicacy. Rub a little salt all over the outside of the fish—this will make the slime come off more easily, and do away with the necessity for soaking the fish. Wash it until it is as clean as possible. Dry it, and rub it with a cut lemon or a little vinegar. Draw a sharp knife just through the skin in the thickest part of the middle of the back on the dark side of the fish. This is to keep the skin from cracking on the white side. Put as much cold water as will be required to cover the fish into a turbot-kettle, and dissolve in this a little salt, in the proportion of six ounces of salt to a gallon of water. Bring the water to the boil, and remove the scum as it rises. Lay the turbot on the fish-drainer, the white side up; draw it back as soon as it boils, and simmer the fish very gently until it is done enough. As soon as this point is reached, take it up, drain the water from it, and slip it, the white side up, upon a hot dish covered with a napkin or fish-paper. Garnish with parsley, cut lemon, and scraped horse-radish; and if it should happen unfortunately that the fish is at all cracked, lay two or three little pieces of parsley upon it, so as to cover the crack. Plain melted butter, shrimp sauce, anchovy sauce, Dutch sauce, and lobster sauce, may all be served with boiled turbot. When lobster sauce is used, a little of the spawn may be rubbed through a sieve and sprinkled over the fish, as well as a little chopped parsley. It is impossible to give the exact time for boiling, as turbot varies much in thickness as well as in size. When the flesh appears to shrink from the bone, it is done; and it should be carefully watched, as if it boils too long it will be broken and spoilt. Time, a moderate-sized turbot, fifteen to twenty minutes to *simmer gently* from the time the water boils; large, twenty to thirty-five minutes.

Turbot, Carving of.—Run the fish-knife down from *a* to *b*, quite

through the bone; then cut slices in the direction of the dotted lines *c e* and *c d*.



TURBOT, CARVING OF.

Turbot, To Re-dress.—Turbot can be warmed up in a variety of ways. One very good way is to pull the flesh into flakes with a fork, and warm up the flakes in some Béchamel sauce, and serve in a border of rice (*see* RICE BORDERS) or a border of potatoes (*see* POTATO BORDERS). Or it can be served up in a large case made of puff-paste—called a "vol au vent."

Turbot is also very nice curried. Simply warm it up in some curry sauce, and serve boiled rice in a separate dish.

Turbot, Baked. — Empty, wash, and dry a moderate-sized turbot. Rub the inside of the dish in which it is to be baked with butter, and sprinkle upon it a little pepper and salt, grated nutmeg, and finely-chopped parsley. Place the turbot upon this, and sprinkle a little more seasoning on the upper part of the fish. Put two or three ounces of butter broken in little pieces here and there upon it, dredge it well with flour, and add two glassfuls of light wine, and, if it is at hand, one or two tablespoonfuls of oyster-broth (the liquor in a tin of oysters does very well, and the tinned oysters used afterwards for sauce) or mushroom-juice. Bake the fish in a moderate oven, and when it is done enough lift it carefully upon the dish on which it is to be served, keep it hot, and prepare the sauce as follows:—Pour the liquor from the baking-dish into a saucepan, thicken with a little flour and butter, stir over the fire for a minute or two, and then serve in a tureen. The sauce may be varied by the addition of a little essence of anchovy, nutmeg, cayenne, and lemon-juice; or a little white sauce may be added, or a dozen mushrooms, or a dozen scalded and bearded oysters. Garnish the turbot with scraped horse-radish and sliced lemon—or fried bread or green parsley. Time to bake the turbot, twenty to thirty minutes or longer, according to size. Sufficient, a moderate-sized turbot for five or six persons.

Turbot Croquettes. — Take the remains of cold turbot, free the flesh from skin and bone, mince finely, season with salt, cayenne, and grated nutmeg, and add an equal weight of bread-crumbs moistened with very thick white sauce—or, failing this, hot milk—a little chopped parsley, and enough butter to form a smooth paste. Form the mixture into small balls or cones; dip these first into beaten egg, and afterwards into bread-crumbs, and fry them in hot fat till they are lightly and equally browned all over. Drain them from the fat, and serve neatly arranged on a napkin. Garnish the dish with parsley, and send good fish sauce to table in a tureen. Time to fry the croquettes, five or six minutes.

Turbot, Curried.—Peel and mince finely a large onion, and fry it in butter till it is quite tender, but not brown. Rub it through a sieve,

and mix smoothly with the pulp a teaspoonful of ground rice, a tablespoonful of curry paste or powder, or better still, a dessertspoonful of each, the strained juice of a lemon, and two tablespoonfuls of good stock, and simmer the sauce very gently for ten or twelve minutes. Add a little salt if necessary. Two tablespoonfuls of thick cream make a great improvement. Put in about a pound of cold dressed turbot, already freed from skin and bone, and divided into pieces an inch square. Let the fish get quite hot, and serve the curry on a hot dish, with a wall of boiled rice round it. Time, altogether, half an hour.

Turbot Fillets. — A small turbot may be used for this purpose; or if a turbot is larger than is required for immediate use, it may be cut in halves—one half may be filleted, and the other half dressed in a different way. Clean and dry the fish, and raise the flesh from the bones with a sharp knife. Take off the dark skin, but leave the white skin untouched. Divide the meat into neat pieces the size and shape of small cutlets, and either fry, stew, or bake them. To fry them, dip them into beaten egg and bread-crumbs (*see* EGG-AND-BREAD-CRUMB, p. 43), fry in hot fat till they are lightly browned, drain them, serve neatly arranged like cutlets on a folded napkin, and garnish with fried parsley. To bake them, put a pound of the filleted meat, arranged in a single layer, into a baking-dish with two ounces of butter, a little pepper and salt, and the strained juice of a lemon. Put them in a brisk oven, baste well with the liquor, and bake until done enough. Dish them as before. To stew them, remove all the skin from the fish, dredge the fillets with some flour, and fry them till they are lightly browned. Then put them into the stewpan, and pour over as much nicely-seasoned stock as will cover them. Let them stew gently until done enough. Lift them out of the sauce with a fish-slice, lay them on a hot dish, and keep them warm. Skim the gravy, thicken with a spoonful of brown thickening, add a spoonful of mushroom ketchup and a glassful of light wine, let it boil up, and strain it over the fish. Serve very hot. Time to fry the fillets, five or six minutes; to bake them, about twenty minutes; to stew them, half an hour.

Turbot, Fillets of (au Gratin). —Take the remains of dressed fish, or slices of fresh fish, free it from skin and bone, and divide it into small neat fillets. Mince three or four button mushrooms finely, mix with them a tablespoonful of chopped parsley and half a shallot finely minced. Season with pepper and salt, and fry over a gentle fire till they are soft. Spread them at the bottom of a small thickly-buttered silver—or, failing this, tin—baking-dish, lay the pieces of fish upon them, and cover with a thick layer of finely-grated bread-crumbs. Stick little pieces of butter here and there upon the top, moisten the fish with a tablespoonful of sherry, or rather more of French light wine, and bake in a brisk oven. If necessary, brown the surface by holding a red-hot shovel over it, or putting it before the fire for a minute or two; and just before sending the dish to table squeeze the juice of a lemon over the fish. Time to bake, fifteen to twenty minutes.

Turbot Salad.—The remains of dressed turbot will make a most delicious salad. Lift the flesh from the bones, free it from skin and bone, and divide it into pieces an inch and a half square. Season these slightly with pepper, salt, oil, and vinegar; cover the dish on which they are, and leave them in a cool place till wanted. Wash two large fresh lettuces or any

suitable salad, dry them perfectly by putting them in small quantities at a time into a clean cloth, then taking this up loosely by the four corners and shaking the moisture from the leaves. Cut them into neat pieces half an inch broad, and leave them in an airy place till wanted. Beat the raw yolks of two fresh eggs for two or three minutes. Add first by drops, and afterwards by teaspoonfuls, four tablespoonfuls of lucca oil, and beat the sauce well for a minute between every addition. Afterwards stir in gradually a teaspoonful of good French vinegar and a few drops of tarragon vinegar. Add more oil and vinegar in the same proportions until the sauce is of the consistency of thick boiled custard; or follow the directions for making mayonnaise sauce. Leave it in a cool place till wanted. Arrange the salad just before it is to be sent to table. First put a layer of lettuce lightly at the bottom of the dish, put some turbot upon it, and repeat until the materials are used. Garnish the dish in any way that may be preferred—with hard-boiled eggs, sliced cucumber, beetroot, olives, filleted anchovies, &c. Pour the sauce over at the last moment; and in arranging the salad, pour a small quantity of sauce over each layer of fish. Time, half an hour to prepare the sauce. It is better for being made an hour or two before it is wanted.

Turbot, Scalloped.—Take the remains of cold turbot, lift the flesh from the bones, and remove the skin. Weigh the white meat, and for each pound allow six ounces of grated bread-crumbs seasoned with salt, cayenne, and grated nutmeg. Cut the fish into small pieces, season with salt and pepper, and mix with it either a tablespoonful of cold sauce or two ounces of clarified butter. Butter some scallop-shells rather thickly, place a layer of seasoned crumbs at the bottom of each, then lay in the fish, and sprinkle more crumbs thickly on the top. Lay little pieces of butter here and there on the surface, and put the shells in a brisk oven. When they are quite hot, lift them out, and serve the fish in the shells neatly arranged on a folded napkin. If scallop-shells are not at hand, a small baking-dish may be used instead. If preferred, the same quantity of mashed potatoes may be used instead of the bread-crumbs. Time to bake the fish in the shells, a quarter of an hour.

Whitebait.—Whitebait, though often not dear to buy, are but seldom met with in private houses, owing to the difficulty found in cooking them. Whitebait should be taken lightly out of the cool water in which they are kept, and thrown into flour, an inch thick, on a cloth. Take quickly out of the thick flour, and place a few at a time in a frying-basket, the outside flour shaken off, and plunge into hot fat amply deep enough to more than cover them. There should be a considerable quantity of fat, not less than two quarts. This is the great secret of cooking whitebait. The fat must be *smoking*. The temperature should be considerably over 400°, according to Sir Henry Thompson. The flour is put an inch deep in order to avoid the necessity of handling the whitebait. The time to keep the whitebait in the fat—*i.e.*, if the fat is the proper heat—is about five seconds. The fat should be so hot that it will blacken a piece of dry bread almost directly.

Next, bear in mind that the whitebait should be fried the instant they are floured. You cannot flour whitebait and put them by ready for frying. Throw the whitebait into the flour, roll them in it for a few seconds by lifting the end of the cloth, then into the basket and into the fat. Serve instantly. Run with them to the

dining-room, and serve cut lemon and cayenne pepper with them, and then brown bread and butter.

Whitebait, Devilled.—Devilled whitebait is generally made from the remains of the whitebait just cooked, or some can be cooked fresh. Take some recently-cooked whitebait, put them in the frying-basket, sprinkle them freely with black pepper or cayenne pepper, plunge them into the fat for four or five seconds, and serve quickly. When sprinkled with black pepper, it is called a black devil; when with red pepper, it is called a red devil.

Whitebait, Imitation.—Get some fresh fish, such as dabs. They should be very fresh. Fillet them, cut them into very thin strips, barely an eighth of an inch thick, but about two inches long. Treat these exactly as whitebait. Serve with cut lemon, cayenne, and brown bread and butter.

Whiting, Boiled.—Whiting plainly boiled is sometimes recommended for invalids, as it is considered light and easy of digestion; but it is insipid food, and this method of dressing the fish cannot be recommended. Large whiting should be chosen for boiling. Skin the fish, and skewer it with its tail in its mouth. Put it into boiling water slightly salted, clear off the scum frequently, and simmer the fish till the eyes start and the flesh will leave the bone. Take it up the moment it is done enough. Drain it, remove the skewer, put the whiting on to a hot dish covered with a napkin, garnish it with parsley, and send melted butter, anchovy, shrimp, parsley, white, or Dutch sauce to table with it; or, if preferred, merely mix a little fresh butter lightly with the flakes of the fish. Time to boil, from five to eight minutes, according to size. Sufficient, one whiting for each person.

Whiting, Fried.—Clean, skin, and dry the fish thoroughly in a soft cloth. If they are not perfectly dried, the egg and bread-crumbs will not adhere to them. Turn the tail of each one round, and fasten it between the jaws by means of a small skewer. Brush the fish over with lightly-beaten egg, and cover with fine bread-crumbs mixed with a little flour. Fry in plenty of hot fat till they are done through and lightly browned; drain and dry them well, and serve on a dish covered with a napkin. Garnish with parsley. Send anchovy or shrimp sauce to table in a tureen. Small fried whitings are frequently used to garnish large fish, such as turbot and cod. The whiting, if very large, should be split open, egg-and-bread-crumbed, and fried flat; or they may be filleted, rolled, and fried. Time to fry small whitings, about six minutes. Sufficient, one for each person.

Whiting, Broiled.—Wash the whiting in salted water, and be careful to preserve the liver, as it is by some considered a delicacy. Dry the fish thoroughly, brush it over with oil, and roll it in flour. Broil it over a clear, bright fire. Serve on a hot dish, either with a little piece of butter placed upon the fish, or with melted butter or parsley sauce; or, better still, with a sauce prepared as follows:—Beat the yolk of an egg in a gallipot, and put with it two tablespoonfuls of water and two tablespoonfuls of tarragon vinegar. Put the gallipot into a saucepan, and surround it with boiling water. Place it on the fire, stir briskly for a minute, and add a little pepper, salt, and grated nutmeg, a teaspoonful of chopped parsley, and half a teaspoonful of flour which has been kneaded into two ounces of butter. Stir the mixture till it thickens, work in a few drops of strained

lemon-juice, and serve. The sauce must not boil. Time to broil the fish, six to twelve minutes, according to size. If liked, the tarragon vinegar can be omitted, and the sauce flavoured entirely with lemon-juice.

Whiting, Baked.—Cut the heads off some full-sized whitings, empty them, and cleanse them perfectly, opening them for the purpose as little as possible. Dry them, fold them in a cloth, and leave them for a quarter of an hour. Butter a baking-dish, and put them into it backs downwards, that the sauce may cover the thickest part of the flesh. Sprinkle salt and pepper upon them, and put round them half an ounce of butter kneaded with a saltspoonful of flour, half a teaspoonful of chilli vinegar, a tablespoonful of port, and a small pinch of grated nutmeg for each fish. Lay a double fold of oiled paper upon the dish, and press it upon the fish. Put them in a gentle oven, and bake until done enough. Take them up carefully with a fish-slice, place them on a hot dish, pour the sauce over, and serve very hot. Time to bake the fish, twenty to thirty minutes. Sufficient, one whiting for each person.

Whiting (au Gratin).—Butter a baking-dish, and sprinkle over it some grated bread-crumbs and a little pepper and salt. Moisten these with a glass of white wine. Place the whiting in the dish, and strew all about it two teaspoonfuls of finely-chopped mushrooms, and one of parsley and shallot. Cover the surface of the fish with brown bread-crumbs, placing a little butter on the top, and put it in the oven till it is done enough. Take it up carefully with a fish-slice, put it on a dish, and serve with the sauce poured over it. A little grated Parmesan cheese may be sprinkled over the top. If not sufficiently browned, a salamander or red-hot shovel may be held over it for a minute or two. Sometimes the fish is filleted and prepared in this way. Time to bake the fish, half an hour. Sufficient, one for each person.

Whiting Forcemeat.—Skin and fillet two or three whitings, scrape the flesh with a spoon, and rub it through a wire sieve. To twelve ounces of the fish thus prepared put half a pound of panada (*see* PANADA) and six ounces of fresh butter. Season the mixture with pepper, salt, and grated nutmeg; mix the ingredients thoroughly, and add gradually three whole eggs and the yolks of two. Poach a small quantity of the forcemeat to ascertain whether or not it is firm, yet light and delicately flavoured. If too stiff, mix a little cream with it. Keep it on ice till required.

Panada.—Panada is a preparation of bread which is used by the French in making forcemeats, and is much superior to the grated crumbs ordinarily used in English kitchens. The flavouring required for the whole of the forcemeat is generally put into the panada, and this flavouring is therefore a matter of considerable importance. Panada is made as follows:—Put the crumb of two new French rolls into a basin, and pour over it as much boiling milk or broth as will cover it. Let it soak until it is quite moist, then press it with a plate to squeeze out the superfluous liquid; afterwards put it into a cloth, and wring it thoroughly. Put an ounce of fresh butter into an enamelled saucepan, with a little pepper and salt, a little grated nutmeg, half a teaspoonful of powdered thyme, two tablespoonfuls of minced parsley, a dozen chopped mushrooms, and a slice of lean ham chopped fine; a bay-leaf may be added or not. Stew all these in-

gredients over the fire for a minute or two, then add the soaked bread and two tablespoonfuls of good white sauce or gravy. Stir the mixture over a gentle fire until it forms a dry smooth paste, and leaves the sides of the saucepan; then mix in the unbeaten yolks of two eggs; put the preparation between two plates, and when cool it is ready for use. If preferred, instead of mixing the herbs and seasoning with the panada, the gravy or sauce may be simmered with the seasoning, until it is highly flavoured, and then strained over the bread. In making the forcemeat, equal quantities should be taken of whatever meat or fish is to be used, panada, and calf's udder, or butter; and these should be pounded together in a mortar until they are thoroughly blended. When udder is used, it should be well boiled with as much water as will cover it, then allowed to cool, trimmed, rubbed through a fine sieve, and added to the forcemeat. The panada is to be stirred over the fire until the mixture leaves the saucepan.

CHAPTER VI.

JOINTS OF BEEF.

Beef.— Beef is considered by many the best and most wholesome, as it is certainly the most economical meat that can be purchased for family use. It is in season all the year round, though it can be had in perfection in winter only, because then the joints can be hung until the meat is quite tender. The heart, head, sweetbreads, and kidneys should always be used fresh. Ox-beef is the best: the flesh is smoothly grained and rather open; if the animal is young, it rises when pressed with the finger. The lean is of a bright red colour, and the fat white rather than yellow. Very lean beef is always of inferior quality, whilst very fat beef is objectionable because it is so wasteful. Heifer-beef is the best for small families: the grain is closer, the colour paler, and the fat whiter than ox-beef. Bull-beef is dark in colour, with a coarse grain, very little fat, and a strong meaty smell. It should never be chosen. If beef is to be tender, the joints should be hung as long as the weather will permit. In summer-time they should be examined every day, and any moisture that may arise should be scraped off. Beef that is to be roasted should not be washed unless it is quite necessary. If any part has been touched with flies it may be rubbed with a cloth which has been dipped in vinegar, then dried quickly. Powdered charcoal rubbed over the meat will restore it if slightly tainted. Before hanging the joints, care should be taken to remove the soft cord which runs down the bone of the sirloin and ribs, and to trim off all superfluous fat. An ox is usually cut up and dressed as follows:—

Sirloin. Prime roasting joint. The chump end is the finest part, as it contains the largest portion of the undercut or fillet. Excellent steaks may be cut from this fillet, and are considered by some superior to rump steak. The sirloin should be hung as long as possible before it is cooked. Two sirloins cut together form a baron of beef. Price per pound, 1s. to 1s. 1d.

Rump. Upper part or chump end roasted. Lower or silver side salted and boiled. Middle part cut into steaks. Price per pound, 11d. to 1s.; steak, 1s. 3d. to 1s. 6d.

Aitchbone. Salted and boiled or stewed, sometimes roasted. Price per pound, 7½d. to 8½d.

Buttock or Round. Boiled, stewed, or cut into steaks. The upper side, if hung for a few days, makes an excellent and economical roasting joint. Price per pound, 10d. to 11d.

Mouse Round. Boiled or stewed. Price per pound, 10d. to 11d.

Veiny Piece. Steaks. Inferior in quality to the rump. Price per pound, 11d. to 11½d.

Thick Flank. Fine boiling piece. Price per pound, 10d. to 11d.

Thin Flank. Boiled. This part is excellent when boned, rolled, and pressed. Price per pound, 8d.

Leg. Stewed, and good for soup. Price per pound, 4d. to 9d.

Fore Ribs (five ribs). Roasted. Prime roasting part. Price per pound, 10d. to 1s.

Middle Ribs (four ribs). Economical roasting part. Price per pound, 10d.

Chuck Ribs (three ribs). Steaks.

Second quality. Price per pound, 10d.

Shoulder or Leg of Mutton Piece. Boiled or stewed. Price per pound, 10d. to 11d.

Brisket. Boiled or stewed. Excellent when salted and pressed. Price per pound, 7d. to 8d.

Clod. Boiled or stewed. Used in making gravy. Price per pound, 6d. to 9d.

Neck. Soups, gravies, &c. Price per pound, 5d. to 8d.

Shin. Soups and gravies. Also for stewing. Price per pound, 4d. to 9d.

Cheeks. Brawn, soup, &c. Price per pound, 4½d.

Tail. Soup. Stewed. Each, 1s. 3d. to 2s. 9d.

Tongue. Salted and boiled. Each, 5s. to 6s.

Heels. Stewed for jelly and stock. Each, 9d. to 1s.

Liver. Stewed and fried. Price per pound, 5d.

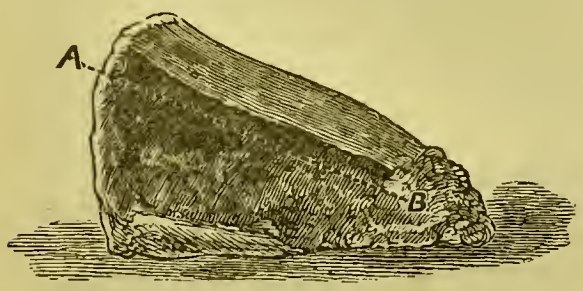
Besides these there is the Palate, which is stewed or fried; the Heart, which is stuffed and roasted; the Sweetbreads and Tripe, which are cooked in various ways; and the Skirt, which makes rich gravy.

Purchase the best meat and the best joints; they are the most economical in the end. The quality of beef depends on so many circumstances, that the surest way to get it good is to buy of *one* respectable butcher whose word may be depended on. The following directions are given for the benefit of those who require them; they do not belong to any particular meats; those will be treated on in their proper places:—While cooking, keep a good fire, and place the meat rather near it at first. After a short time, varying from ten to fifteen minutes, draw the joint back, and let it cook steadily. Baste often; a great deal depends on this. Inexperienced cooks think they have done all that is necessary when they have put it before the fire, and given it the prescribed time; but without frequent basting the meat will be dry and indigestible. Although the greatest care has been taken to give correctly the time required for cooking the various dishes, it must be remembered that it is impossible to give it exactly to suit each case, because so many circumstances tend to vary it—such as the age of the animal, the time the meat has been kept after being killed, the state of the weather, the cooking apparatus used, and the quality of the fuel. The average only has been taken; and this being understood, common sense must make allowance for the rest. It will be an assistance to remember that freshly-killed meat requires more time than that which has been kept; and also that meat needs cooking rather longer in cold weather than in hot.

Beef, Aitchbone of, Salted.—Some persons roast this, but we think it far superior salted and boiled according to the following recipe:—Take a piece of beef, say ten pounds, and rub into it a mixture composed of three-quarters of a pound of salt, one ounce of dark moist sugar, and half an ounce of saltpetre. Turn the meat each day, and rub the pickle well in every time. Keep it in this condition four or five days, when it will be found salt enough for most people. When wanted for use, clean and wipe off the salt, &c.; put it into a large saucepan with enough cold water to cover, let it boil, then draw it back, and simmer gently for two hours and a half. "If," says Dr. Kitchiner, "it boils too quickly at first, no art can make it tender afterwards; the slower it boils the better." Carrots, turnips, and suet dumplings are the proper accompaniments to this dish. The soft, marrow-like fat at the back of the joint should be eaten

while it is hot, the hard fat left until the joint is served cold. The liquor in which the beef is boiled should not be thrown away; it will make excellent pea soup. Sufficient for eight or nine persons.

Beef, Aitchbone of, To Carve.—In carving an aitchbone of beef it is necessary that it should be cut across the grain. In order to do this the knife should follow the line from A to B in the annexed illustration. The meat should be cut



AITCHBONE OF BEEF.

of a moderate thickness, and very evenly. Cut the lean and the fat in one slice, and if more fat is desired it should be taken horizontally from the side. Before proceeding to serve, a slice of about a quarter of an inch in thickness should be cut from the top, so that the juicy part of the meat may be obtained at once.

Australian Meat.— Australian meat, or meat preserved in tins —for the same observations that apply to Australian meat apply to all tinned meats—has many great advantages, and equally many drawbacks.

First, so long as it is unopened it will keep good for an unlimited period; it is therefore always very useful to have a tin in the house ready for emergencies. This applies with very considerable force to those who live far away from the reach of butchers' shops.

Another great advantage possessed by Australian meats is, or rather was, that it is much cheaper than ordinary fresh meat. Unfortunately its price has of late risen considerably, and as there is no doubt that it is not nearly so satisfying as fresh meat, its value as a cheap article of food is much diminished. In fact, its value varies in an inverse ratio with its *comparative* price. Thus the cheaper it is per pound the more valuable it is. Its price may go down again before long, but it can easily be understood that its value depends on the price compared with that of fresh meat.

One drawback to Australian meat is that it always seems over-cooked. By far the best method of eating it is to have it cold. It should be cut *very thin*. For this purpose it will be necessary to have a very sharp knife.

Beef, Baron of, consists of both sides of the back, or a double sirloin, and weighs from thirty to one hundred pounds, according to the size of the animal. It is always roasted, but is now rarely prepared except on particular festive occasions at the English Court, and at great public entertainments. It is generally accompanied by a boar's head, woodcock pie, and other substantial viands.

Beef, Boiled.—Put fresh beef into boiling water, bring it to a boil quickly, draw the pan back, and simmer gently till done, allowing ten to twelve minutes per pound, and ten minutes over. Salt beef should be put into lukewarm, or cold water if the joint is large, *i.e.*, over eight pounds—not boiling water. Simmer from the time of boiling till it is served up. Skim the pot thoroughly, and turn the meat twice during the simmering. If vegetables are liked, carrots or turnips may be added, but they should only be put in long enough to get them properly cooked. The liquor will serve for pea soup, and is useful to the cook in various ways; the vegetables boiled in it will have

greatly improved the flavour. The following American recipe for boiling salted meat will be amusing and instructive:—

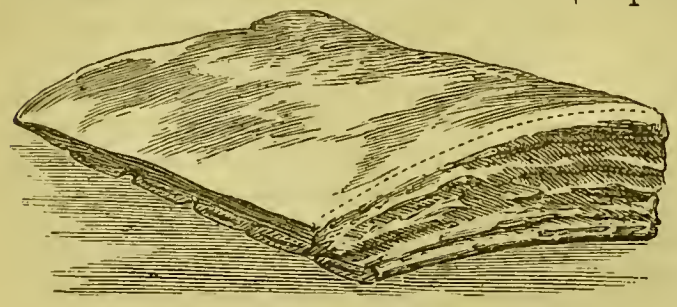
Boiling Salted Meat.—A well-known American writer says:—"I was once informed by an old patron how he and his wife learned to cook corned beef. He said, 'that having to furnish a hasty meal for himself and his men, he decided upon cooking a piece of corned beef. He procured a good-sized piece, and it was late before it began to boil. Having to watch the pot himself, after a hard day's work, he resolved to have a nap, leaving the pot over a slow fire, and thinking he would be sure to wake up before it was done. When he awoke he found that his beef must have simmered slowly until the fire went out. Expecting to find it in pieces, or else sodden and tasteless, he lifted the meat from the pot, and, finding it almost cold, cut and tasted it. It was the most delicious piece he had ever eaten, and so thought all who tasted it. Since that time,' he adds, 'my corned beef, hams, tongues, or any kind of salted meat intended for boiling, is put over the fire early and left to boil slowly or simmer a long time, and after it is done the pot is lifted off the fire, and the meat is allowed to cool in the pot from twenty minutes to half an hour. Following this plan we always have specially good meat, and so say all our friends who sit at our table to partake of it.'"

Beef, Braised, Rump (à la Jardinière).—Remove the bone from a piece of rump weighing about sixteen pounds, and trim and tie it into a nice shape. Simmer it for three hours in the stock-pot, and after well draining put it into a braising-pan, with a gravy made in the following manner:—Put three carrots, three onions, three shallots, three bay-leaves and a sprig of thyme into a stewpan, with a pint and a half of good rich gravy. Slice the vegetables and simmer until the flavour is extracted and the gravy reduced to about one pint, then strain, and add half a pint of sherry. Pour this gravy into the braising-pan over the meat, simmer and baste constantly for two hours. Add half a pint of rich brown gravy; skim and strain into a tureen, to be served with the beef. Garnish with Brussels sprouts, carrots, and cauliflowers; the latter are best placed at the ends and sides of the dish, with carrots on each side of the cauliflowers, and the Brussels sprouts to fill up the spaces between. Time to simmer, three hours; to braise, two hours.

Beef, Brisket of, Stewed.—Take six pounds of beef, and, before dressing it, rub it over with vinegar and salt; place it in a stewpan with stock or water sufficient to cover it. Allow it to simmer for an hour, skimming it well all the time. Put in carrots, turnips, and small onions (six each); and allow all to simmer until the meat is quite tender, which will be in about two hours longer. As soon as it is ready, the bones should be removed. Boil for a few minutes as much of the gravy as will be required with flour and a little butter, pepper and salt. Pour a little of it over the brisket, and send the remainder to table in a separate dish. Sufficient for six or seven persons.

Beef, Brisket of, To Carve.—The accompanying engraving represents the appearance of a brisket of beef ready for table. There is no difficulty in carving it. The only thing to observe is that it should be cut cleanly along the bones, in the direction indicated by the dotted line, with a firm hand, in moderately-thick slices. The carving-knife for all joints of this description—that is, where you cut down to the bone—should not be too thin. A cook's knife, with a sharp point, is the kind of knife required. Cut it close down to the bones,

so that they may not have a rough and jagged appearance when removed.



BRISKET OF BEEF.

Beef, Corned. — Lay a large round of beef in a good pickle. Let it remain for ten days or more, turning it every day. Put it into a stewpan with sufficient water to cover it, and let it boil very gently until it is thoroughly done. Corned beef is often smoked before it is boiled. Allow half an hour to the pound after it has come to a boil.

Beef Dripping.—This should be removed from the pan as it drips from the meat, taking care to keep sufficient to baste with. When dripping remains in the pan during the whole process of cooking a joint, it not only becomes discoloured and unfit for use, but it is wasteful in the highest degree to expose it to the acttion of a hot fire. Dripping should be placed in a basin and cleared from all impurities by means of boiling water thrown upon it. When cold, make a hole, pour out the water, and turn the dripping down side uppermost on a dish; remove the dirt which will be found adhering to the bottom, and put the dripping by for use. If necessary, it may be returned to the basin to get another cleansing with boiling water. Clarify into jars for general use. It will do for any frying or stewing purpose to which butter is applied, and may like it on hot toast.

Beef, Fillet of, dressed on the Spit.—Soak from four to five pounds of the fillet of beef for two days in vinegar seasoned with thyme, onions, parsley, salt, and pepper; or, if preferred, oil may be used instead of vinegar. When drained, wrap it in an oiled paper, and put it on the spit before a quick fire. Sufficient for five or six persons.

Bullock's Heart, To Roast.—Soak the heart, fill all the openings at the top or broad end with a stuffing composed of crumb of bread, chopped suet, parsley, pepper, and salt, moistened with an egg and a little milk; or, better still, some ordinary veal-stuffing. (*See* VEAL-STUFFING, p. 167.) Suspend with the pointed end downwards. Baste liberally. The heart will have to be roasted from three to four hours, according to the size; it should be well done. Send to table with beef gravy and red current jelly. Sufficient for five or six persons.

Beef, Pressed. — Dissolve a quarter of an ounce of saltpetre in a little water, and mix with it two pounds of common salt, and half a pound of brown sugar. Rub this pickle into a piece of meat, weighing about ten or twelve pounds, every morning for eight days; then remove it from the pan, and secure it in a nice round with a piece of broad tape or calico. Put it into cold water, and simmer for over five hours; then put it into a pan of cold spring water for five or six minutes, drain, and put it on a flat surface with an even weight on the top. When cold, take off the bandage, trim the meat, and serve.

Beef, Ribs of, To Carve.—The ribs should be cut in thin and even slices from the thick end towards the thin, in the same manner as the sirloin; this can be more readily and cleanly done if the carving-knife is first run along between the meat and the end and rib-bones.

Beef, Ribs of, To Roast.—The best piece to roast is the fore-rib, and it should be hung for two or three days before being cooked. The ends of the ribs should be sawn off, the outside fat fastened with skewers, and the strong sinew and chine bones removed. The joint should first be placed near the fire, and after a short time it should be drawn back and roasted steadily. Baste freely with clarified dripping at first, as there will not be sufficient gravy when first put down; keep basting at intervals of ten minutes till done. Care must be taken not to allow it to burn, as it is very easily spoiled. Serve with horse-radish sauce.

Beef, Roast.—For roasting, the sirloin of beef is considered the prime joint. Before the meat is put upon the spit, the pipe which runs down the bone should be cut out; cover the fat with a piece of white paper fastened on with string. Make up a good strong fire, or have a fierce roasting oven, with plenty of coals put on at the back. Put it rather near the fire at first, and in a short time draw it back; keep it about eighteen inches from the grate. Baste after the first quarter of an hour, at first with a little butter or fresh dripping, afterwards its own fat will be sufficient. The time it will take in roasting depends upon the thickness of the piece; a piece of sirloin weighing about fifteen pounds should be roasted for three hours and a half, while a thinner piece, though of the same weight, may be done in three hours. It must also be remembered that it takes longer to roast when newly killed than when it has been kept, and longer in cold weather than in warm. (*See* SIRLOIN, next page.)

Beef, Round of, Boiled.—Few people dress a whole round, and hence this recipe is given for half a round, or, say, twelve pounds, from the silver or tongue side of the round. Salt it for eight or ten days, then clean off the salt or brine, skewer it up tight, and tie a piece of wide tape round it to keep it well together. Put it into a saucepan of lukewarm or cold water, boil up, and keep boiling for four minutes. Remove the scum carefully as it rises, otherwise it will sink into the beef and give it an unsightly appearance. When the scum is well removed, set the pan by the side of the fire, and let the meat simmer very gently, allowing twenty minutes for each pound of meat. Should any scum stick to the meat, remove it with a brush before serving. Replace the skewers by silver ones, trim the round, and throw over the meat some of the liquor it was boiled in. Garnish with carrots, parsnips, &c. Time to simmer, about three hours after it boils. Should the water be kept boiling, as in hotel kitchens and cooks' galleys, two hours would be sufficient, but is not so good.

Beef, Round of, Pickled.—Boil six pounds of salt, two pounds of sugar, and three ounces of powdered saltpetre in three gallons of water (spring-water is the best if it can be procured), skim well, and when cold, pour it over the joint, which should previously have been rubbed during two or three days with a dry mixture of the same. Some housekeepers prefer this dry method throughout, rubbing regularly for twenty-one days, and using salt only during the last fortnight. If put into lukewarm water, boiled for four minutes, then drawn back and simmered slowly at the rate of twenty minutes to every pound, the meat will be tender, and of a good colour and flavour.

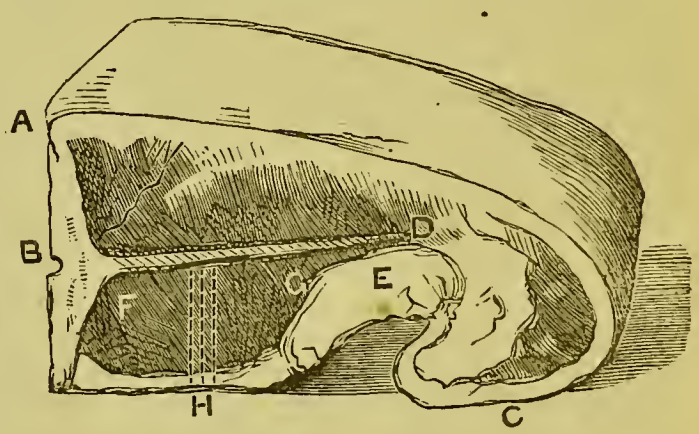
Beef, Salt.—Take a piece of beef weighing seven or eight pounds and cover it with brown sugar, well rubbed in, and allow it to remain for five or six hours; then powder half an ounce of saltpetre and press this equally on all sides to give it a colour;

next, cover it with common salt and let it stay till the next day. Turn it, and rub with the salt in the pan for five or six days; throwing the brine over it at the same time with a spoon or ladle. This mode of salting improves the flavour and prevents the meat becoming hard. Sufficient for a dozen persons.

Beef, Shin of, Stewed.—This meat is best adapted to stewing. The liquor is used, when boiled in a quantity of water, for soups, with the addition of other meat and ingredients to improve it. For stewing, saw the bone into many pieces and put it into a stewpan, with sufficient water to cover it; bring it to a boil and take off the scum, this must be done thoroughly, and the meat drawn aside to simmer; add to it some celery cut into pieces, one good-sized onion, twelve black peppercorns, a bunch of sweet herbs, three or four small carrots, and the same of cloves, or about half a teaspoonful of allspice; season with pepper and salt, and let the whole stew very gently for four hours; boil some carrots and turnips separately, cut them into shapes, and serve with the meat. Probable cost, 7d. per pound. Sufficient for seven or eight persons.

Beef, Sirloin of, Roast.—It is held by most modern cooks that a joint of meat should be first put near the fire or into a fierce roasting oven, to harden the surface and keep in the juice, and then drawn back from it to roast very slowly. The old mode of cooking differs in this particular by beginning at a distance of about twelve inches from the fire, and gradually drawing it nearer as the joint approaches to being thoroughly cooked. There is one thing to be said in favour of the latter mode, since a joint may be roasted with half the fuel used for the former, so a recipe is here given for the old method. Make choice of a nice sirloin weighing from twelve to fourteen pounds, and place it on the spit, at a distance of eighteen inches, of course supposing the fire to be large and bright; baste continually. When half done draw it a little nearer; continue to baste. The meat should look frothy when served, and this can only be obtained by thorough basting. Give it the usual time—a quarter of an hour to a pound; a little longer if liked very well done, or if the weather is frosty and the meat solid. Time, a quarter of an hour to each pound.

Beef, Sirloin of, To Carve.—A sirloin should be cut with one good firm stroke from end to end of the joint, at the upper portion, making the cut very clean and even from A B to C. Then disengage it from the bone by a horizontal cut exactly to the bone, B to D, using the tip of the knife. Bad carving bears the hand away to the rind of the beef, eventually, after many cuts, peeling it back to the other side, leaving a portion of the best of the meat adhering to the bone. Every slice should be clean and even, and the sirloin should cut fairly to the very end. Many persons cut the under side whilst hot, not reckoning it so good cold; but this is



SIRLOIN OF BEEF.

a matter of taste, and so is the mode of carving it. The best way is first of all to remove the fat, E, which chops up well to make puddings, if not eaten at table. Then the under part can be cut, as already described, from end to end, F to G, or downwards, as shown by the marks at H.

Beef Steak Cooked in a Frying-pan.—Get a little piece of fat to moisten the frying-pan, and place the steak on it over a moderate fire; brown the steak gradually, and try and avoid drying up and burning the outside too much.

Be very careful not to stick a fork in it and let out the gravy. If steak is of second-rate quality and not very red, this method is preferable to grilling. You will be able to tell when the steak is done, by its ceasing to feel spongy when pressed. If the steak is not very fat, put a little piece of butter on it.

Some persons like a little gravy, somewhat thick, with their steaks. When you have cooked your steak, pour about a wineglassful of water into the frying-pan, and stir it up; add about a teaspoonful of flour to thicken it, and a spoonful of ketchup, and a little pepper and salt. The frying-pan may be well rubbed first, if liked, with a piece of onion.

Beef Steak, Fried.—Beef steak really fried is a common mode of cooking steak abroad, and is now done in London at the Italian chocolate restaurants. The steak is plunged in very hot fat. This is the quickest way of cooking steak, and takes but a very few minutes, varying with the thickness of the steak.

Beef, Spiced.—A small round of about eighteen or twenty pounds will take a fortnight to cure. Prepare the following ingredients: one pound of common salt, one ounce of saltpetre, three ounces of allspice, one of black peppercorns, and half a pound of coarse sugar. Pound the saltpetre, allspice, and black peppercorns, and mix well together with the salt and sugar. Rub all into the meat; do this every day and turn for the time mentioned. Then wash off the brine, put it into an earthenware pan, with about a pint of water and a layer of suet over and under, with a common paste over all; bake from six to eight hours, and allow it to cool thoroughly before using.

Beef Steak, Rump.—A good rump steak should be about three-quarters of an inch thick, and cut from meat that has hung for a few days to make it tender. Pare away the sinew, trim it neatly, and put it on a heated gridiron, the bars of which have been rubbed with good fat or suet to keep the steak from adhering to them. Be sure the fire is clear before commencing to broil; turn the steak often. In from eight to ten minutes one of ordinary thickness will be done enough. Have ready a very hot dish, on which a shallot, or onion if preferred, has been rubbed vigorously to extract the juice.

Bullock's Tongue, Boiled.—A tongue for boiling is best fresh from the pickle; but a dry one should be soaked twelve hours. Wash it well from the salt, and trim off any objectionable part. Put it into a stewpan with plenty of water, and when it has once boiled simmer very gently till done. It is excellent, though the plan is not economical, if boiled, or rather simmered, from six to seven hours, and allowed to cool in the liquor; but, in the ordinary way, a large tongue takes from four to four and a half hours, and a small one from three to three and a half. Take off the skin and press the tongue into a round shape with a weight on the top, or fasten at each end to a board to keep it straight, as preferred. When cold

put some glaze over it, and garnish with parsley.

Tongue, to Glaze and Ornament.—Glaze the tongue with some good bright glaze (p. 180). Tie a paper frill round the root, which must be trimmed and cut square with a knife. A flower cut out of a turnip to resemble a camellia, tied to a few fresh bay-leaves, may be stuck in the root. A little ornamental work can be put round the tongue on the glaze as follows :—Roll a piece of notepaper up like a funnel. Melt a little clarified butter, and pour it into the funnel; by holding the funnel near the tip you can let the butter run out in a very thin stream, or by drops, or you can stop it altogether. A little curly ornamental ring can be placed round the tongue by this means, or little white drops, as big as a small pea, placed round the edge, keeping the drops about half an inch apart. Surround the tongue with plenty of fresh green parsley, and avoid putting it on too small a dish.

CHAPTER VII.

MUTTON.

Mutton.—This is the flesh of the sheep. The best mutton, and that from which most nourishment is obtained, is that of sheep of from three to six years old, and which have been fed on dry sweet pastures. The flesh of sheep which have been reared on salt marshes, or on farms near the sea-coast, is also sweet and wholesome; the saline particles abounding in such situations impart both firmness and a fine flavour. To suit the palate of an epicure, a sheep should never be killed earlier than its fifth year, at which age the mutton will be found firm and succulent, dark-coloured, and full of the richest gravy. Mutton of two years old is flabby, pale, and savourless. To ascertain the age of mutton, the following directions may be given:—Observe the colours of the breast-bone when a sheep is dressed, that is, where the breastbone is separated. In a lamb, or before the sheep is one year old, it will be quite red; from one to two years old, the upper and lower bones will be changing to white, and a small circle of white will appear round the edge of the other bones, and the middle part of the brcastbone will yet continue red; at three years old, a very small streak of white will be seen in the middle of the four middle bones, and the others will be white; and at four years old all the brcastbones will be of a white or gristly colour. The live weight and the offal of a large fat wether, and the joints when cut up for market, are about as follows:—

	st. lbs.
Live weight	13 10
Offal.	lbs. oz.
Blood and entrails . .	13 0
Caul and loose fat . .	2 4
Offal (continued).	lbs. oz.
Head and pluck . . .	8 12
Pelt	15 12
Carcass.	
First fore-quarter . .	29 0
Second „ . .	28 12
First hind-quarter . .	33 8
Second „ . .	32 0
Joints of One Side.	
Haunch	23 0
Loin	10 4
Neck	12 0
Shoulder	10 12
Breast	4 8
Loss	0 12

Mutton, Breast of, Boned, Rolled, and Boiled.—Take out the bones, gristle, and some of the fat; flatten it on the pasteboard, and cover the surface thinly with a force-meat composed of bread-crumbs, minced savoury herbs, a little chopped parsley, pepper, salt, and an egg to bind. The forcemeat should not be spread too near the edge, and when rolled the breast should be tied securely with tape, to keep the forcemeat in its place. Ordinary veal-stuffing can be used. If gently boiled, and sent to table hot, and smothered with good caper sauce, it will be generally liked. Time, two hours to boil.

Mutton, Breast of, with Peas.—Cut about two pounds of the breast of mutton into rather small square pieces. Put them into a stewpan with about an ounce of butter, and brown them nicely, then cover with stock or water, and stew for an hour. Remove the meat from the stewpan, and clear the gravy from fat. Put the meat into a clean stewpan, add an onion or shallot,

sliced finely, a bunch of sweet herbs, some pepper and salt, and strain the gravy over all. Stew for another hour, when put in a quart of young peas, and in about fifteen minutes serve.

Mutton Chops.—Mutton chops are always best grilled. Trim the chops before grilling, and avoid having too much end. It is more economical to cut off the ends of chops, and make an Irish stew (p. 143) with them, than to have them left on the plates, as is often the case.

When chops are cooked in a frying-pan, avoid having too much fat, as it makes the meat sodden. Have just sufficient fat to prevent the chop burning. The flavour of a chop cooked in a frying-pan is very inferior to one cooked on a gridiron. When the meat is not of a superior quality, like the mutton too often met with on the Continent, perhaps the frying-pan is best. Make in this case a little gravy, with flour, pepper, ketchup, &c., in the frying-pan, with a little water.

Mutton, Fillet of, Braised.—Cut the fillet from a well-hung leg of mutton by taking off a few inches from the loin end, and a good knuckle, which will do for boiling, from the other end. Take out the bone, and fill the hollow with forcemeat, if liked, or put the fillet, well sprinkled with pepper and salt, into a braising-pan as it is, but first lay over the bottom slices of bacon, and on these a couple of carrots and two large onions, each stuck with four cloves, a small bunch of parsley and thyme, a few peppercorns, and half a pint of gravy or stock. Put more bacon on the top, cover the lid, and braise for three or four hours. Strain the gravy, and flavour it to taste; reduce it by rapid boiling. Have ready some French beans boiled and drained; put the beans into a stewpan with the gravy, and when hot serve them and the meat, which should be glazed, on the same dish.

The chump end of a loin may be roasted before the fire, enveloped in well-buttered paper, then glazed, and served with beans in precisely the same way. The meat should be roasted slowly without getting any brown colour. Time, about two hours to roast the chump.

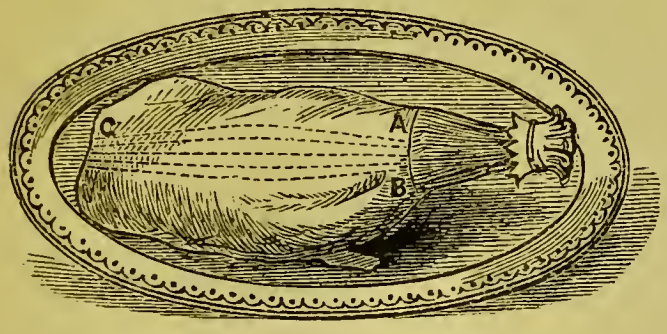
Mutton, Haunch of, Roast.—Unless this joint has been well hung it will be tough. A haunch of good Southdown mutton in fine, clear, frosty weather may be kept a month, but in damp weather it will require much attention on the part of the cook to keep it from getting tainted in half the time. The great point is to keep it dry, by dusting it first with flour, which should be rubbed off several times with a dry cloth, and again renewed. When to be cooked, skin the loin, wash, and wipe dry; then cover with white paper, or make a common paste of flour and water, and envelop the joint. Put it on the spit, or hang before a good even fire, for the first half-hour, basting it constantly with good meat-dripping. When a roasting oven is used the oven should be fierce at starting. When within half an hour of being done, take off the paper, and brown slightly, but first pour the dripping from the pan; sprinkle a little salt, and send it to table finely frothed. Make a gravy in the pan with what has dripped from the meat and a little boiling broth drawn from the trimmings; add salt and pepper. Serve currant jelly or currant-jelly sauce. Time, from ten to fifteen minutes per pound; well done, eighteen minutes. Sufficient for ten or more persons.

Mutton, Roast. — The best joints for roasting are the leg, the haunch, the saddle, the loin, the shoulder, and sometimes the neck. Mutton should not be roasted too

fresh, especially the haunch and leg. The former is often covered over with a flour-and-water paste during the earlier period of roasting. When nearly done the paste is removed, the joint brought nearer the fire, basted with butter, and quickly browned of a mahogany colour. Red currant jelly should be served with haunch of mutton and saddle of mutton.

The leg of mutton is really part of the haunch, and is sometimes carved haunch-fashion, *i.e.*, parallel with the bone.

In carving a haunch of mutton, make an incision from A to B with the point of the knife, holding the knife rather upright, then cut slices down the joint from A to C. After a few slices are cut, the gravy will settle in the meat, and a little can be poured over each slice with a spoon. Take care in carving the haunch not to let the gravy run out of the joint into the dish.



HAUNCH OF MUTTON, TO CARVE.

In carving a saddle, cut slices longwise out of the back, putting the knife into the meat near the tail, and bringing it down parallel with the spine. The latter part of the slice will contain plenty of fat.

In small dinner parties, where the joints are not carved on the table, a leg of mutton cut haunch-fashion, or a loin cut saddle-fashion, will often serve for those larger joints.

Always have a little fresh gravy *hot* to be poured over the joint some little time after it has been carved—in time for the second help.

Almost any kind of vegetables may be served with roast mutton.

Onion sauce (*see* ONION SAUCE, p. 30) should be served with roast shoulder of mutton, and is often sent in with a leg. A saddle is generally esteemed the prime joint. At one of the most popular restaurants in London, viz., Simson's, in the Strand, chiefly noted for its joints, a dozen saddles are cut up to one haunch.

Mutton, Leg of, Boiled.—For boiling, this joint should not hang so long as for roasting. Two or three days will be enough if the colour is considered of importance. This and careful skimming will prevent the necessity for a floured cloth, which some inexperienced cooks resort to. Cut off the shank-bone, and if necessary wipe the joint with a damp cloth. Put it into a large oval stewpan with as much boiling water as will cover it. When restored to its boiling state, skim the surface clean, and draw the stewpan to the side of the fire, to allow the contents to simmer until done. Allow for a leg of mutton of nine or ten pounds weight, two hours from the time it boils, or longer in cold weather. Boil very young turnips for a garnish; these will take twenty minutes, but allow an hour for older ones, which are to be mashed. Place the turnips, which should be of equal size, round the dish, and send the mashed ones to table separately. Melted butter, with capers added, or caper sauce (p. 26), should accompany the dish. The liquor from the boiling may be converted into good soup at a trifling expense, or if reduced a little and flavoured, is often liked as mutton broth. Sufficient for nine or ten persons.

Mutton, Leg of, Boned and Stuffed. — Having removed the bone from a leg of mutton (a small one of five or six pounds), fill the space from which it was taken with a forcemeat composed of the following ingredients, worked together into a firm smooth paste:—Shred finely four ounces of suet and two of ham: mix these with six ounces of bread-crumbs, and flavour with a teaspoonful of minced thyme, marjoram, and basil, the same of parsley, and a couple of shallots; add a little nutmeg, pepper, and salt. Moisten with a couple of eggs, well beaten first. Keep the forcemeat from falling out into the dripping-pan during the process of cooking by sewing up the opening with tape (string is apt to cut through the meat), and roast before a brisk fire. If the stuffing is put in warm, the leg will require about the same time to roast as one not boned. Sufficient for six or seven persons.

Mutton, Leg of, To Roast. —Get a leg of about eight pounds, and which has hung at least a week, weather allowing. During hot summer weather this joint gets quickly tainted. Rub it lightly with salt, and put it *at once* before a brisk sharp fire. Place it close to the fire for the first five minutes, then draw it farther back, and let it roast more slowly till done. If a roasting oven is used, it must be fierce at starting. Baste continually with a little good dripping until that from the joint begins to flow. Make the gravy in the usual way (*see* p. 88). Time, a quarter of an hour to a pound.

Mutton, Loin of, Roasted. —Follow the directions given for roast leg in every particular (*see* the article above), but trim off all unnecessary fat, which may be used for a common suet crust. If the fat be not turned to account, there is no more expensive joint than a loin of mutton. Cover the fat with paper until within a quarter of an hour of its being done, then remove and baste. Time, a quarter of an hour to the pound. Sufficient, six pounds for five or more persons.

Mutton, Loin of, Boned, Rolled.—Let the joint hang, then ask the butcher to bone it and remove unnecessary fat; lay it out flat, and season it highly with allspice, cloves, nutmeg, and pepper, reduced to powder. Next day cover the side on which the seasoning has been laid with a forcemeat as for veal, and roll the loin into a tight compact shape, which must be secured with tape. Roast it until half done, or bake it, as most convenient, but only brown it slightly, and remove the fat from the gravy when cold. Have ready a gravy made from boiling the bones, adding to it that which dripped; put the meat and gravy into a stewpan, and stew until tender. A few mushrooms or half a glassful of mushroom ketchup may be added while stewing: when done, put the meat on a dish; add a tablespoonful of baked flour, and pour the gravy over, salted to taste and boiled.

A loin boned, rolled, then roasted in the usual way, is an excellent joint. Time to bake, an hour and a half; to stew and bake, three hours.

Mutton, Neck of, Boiled.—Shorten the ribs and saw off the chine-bone of a neck of mutton, or from three to four pounds of the best end; to look well it should not exceed five inches in length. Pare off the fat that is in excess of what may be eaten, and boil slowly in plenty of water slightly salted; skim carefully, and remove the fat from the surface. The meat may be served plain, with caper or parsley sauce, and a garnish of boiled mashed turnips and carrots, cut into thin strips, placed alternately round the dish. Four middle-sized turnips and three carrots may be boiled with the mutton. Time, a

full quarter of an hour to the pound. Sufficient for five or six persons.

Mutton, Neck of, Roasted.—We have already recommended that the rib-bones of this joint should be shortened, to give a nice appearance to cutlets; and we also, for economy's sake, and to give a nice squareness to the piece of meat, advise the purchaser to get it done, if possible, by the butcher. The meat of the neck from a well-fed sheep we think superior to that of the loin. Take off any excess of fat, and roast precisely according to directions given for roast loin (*see* MUTTON, LOIN OF, ROASTED), always remembering that the fire for cooking mutton should be clear and brisk, but not fierce. A little salt rubbed over the joint when it is ready to be put to the fire, and a liberal basting, are all that is wanted to satisfy a good appetite. Serve with plain gravy, made from the dripping-pan after the fat has been poured off.

Mutton, Saddle of, Roasted.—A saddle of mutton, if hung in a cool, airy place, will improve with keeping from one to three weeks, according to the weather; but as this part of the sheep is the most tender and delicate, it may, if liked, be roasted in from four to five days. If not for a large family, get the joint well trimmed; the flaps, tail, and chump end may be cut away, which will considerably lessen the weight, and be found more advantageous to the purchaser, even at a higher price per pound. In its entire state it is considered an expensive joint, consequently people of moderate means and family, unless so accommodated by the butcher, can seldom order it. Roast as before directed for roast loin (*see* MUTTON, LOIN OF, ROASTED). The joint should be skinned, and the skin tied over it securely until within half an hour of its being sent to table, when it should be removed, and the surface browned and frothed. It should be of a pale brown colour. Make a gravy in the dripping-pan: do not pour it *over* the meat, but put a little in the dish, and more in a tureen, with red currant jelly or port wine sauce. Time, ten pounds, two hours and a half, or less if liked under-done. Sufficient for seven or eight persons.

Mutton, Scrag (à la Ménéhould).—Soak in warm water and wash the undivided scrag end of the neck of mutton; drain, sprinkle lightly with pepper, and hang it for a couple of days. Slice three or four young carrots, and divide into quarters three middle-sized onions; line the bottom of a stewpan with thin slices of fat bacon, lay in the scrag, with slices of bacon over the top, and the vegetables which have been sliced, with a couple of bay-leaves, a sprig of thyme, marjoram, and basil, a small bunch of parsley, thirty white peppercorns, and as much liquor from the boiling of a knuckle or scrag of veal as will cover the meat well. Ordinary stock will do. Prepare a cupful of bread-crumbs, seasoned with pepper and salt, and when the meat is tender drain it from the gravy in which it has stewed; cover with the seasoned crumbs, and brown in a quick oven, or with a salamander. Time, four hours to stew.

Mutton, Shoulder of, Roasted.—This joint should be well hung; a fortnight in cold, dry weather will not be too long. Rub one of six or seven pounds lightly with salt, and put it before a bright, clear fire, or in a quick roasting oven; baste continually until done, keeping it eighteen inches from the fire to let the heat penetrate the middle. When within twenty minutes of being ready for serving, the joint should be drawn nearer to the fire,

to brown it more thoroughly. Have ready some boiled Spanish onions, glaze them, put the mutton on a hot dish, make a gravy from the drippings, garnish with the glazed onions, and send onion sauce to table in a tureen. Time, a quarter of an hour to the pound. Sufficient for five or six persons.

Mutton, Shoulder of, Stewed.—Hang this joint as long as possible in dry, cold weather; for stewing, three days will be sufficient. Procure one not too large or too fat, pare off what is unnecessary of the fat; take out the bladebone, and fill the space with a forcemeat as for veal, sew up the opening, slice an onion, a carrot, a turnip, and a stick of celery; put them with the mutton into a stewpan, pour in good stock enough to cover, and add a clove of garlic, a bay-leaf, two cloves, a dessertspoonful of salt, half the quantity of white pepper, and a large pinch of cayenne. Let the whole simmer gently, with the lid closed, for four hours; strain, and thicken the gravy with an ounce of butter rolled in flour; put the meat on a hot dish with a little of the gravy, add to the remainder half the juice of a lemon and a glassful of white wine. Serve with French beans boiled in the usual way, drained and warmed up in good gravy, or with spinach round the dish.

Or, having taken out the bladebone, sprinkle the under side with pepper, salt, chopped parsley, and shred shallot, but use only enough of the latter to give it a slight flavour. Roll the meat into a nice shape, and stew gently for three hours in a braising-pan, with a pint of good stock; add salt, a very small pinch of cayenne, a few peppercorns, and a bunch of sweet herbs, and, an hour before serving, a couple of carrots cut into strips, the same of turnips in halves, and four middle-sized onions; pour in a glass of white wine, and when ready serve the vegetables round the meat, and the gravy over it.

Mutton, Shoulder of, Boned and Stuffed.—Having boned a shoulder of mutton, and trimmed off the excess of fat, stretch it out on a pasteboard, and sprinkle over it pepper and salt. Make a sausage-meat with equal quantities of lean pork and bacon (a pound in all), seasoned with pepper, salt, and a little nutmeg; pound these in a mortar, and stuff the shoulder; then round it to a nice shape, having first secured the forcemeat; use tape, as string often cuts the meat when cooking, and if properly and carefully done there is no fear of the sausage-meat leaving its place. Put the stuffed shoulder in a large stewpan containing some melted butter, and brown slightly both sides of it. Pour in a quart of good broth or water, and when it has boiled, and been skimmed, add a bunch of savoury herbs, an onion, a carrot, a handful of button mushrooms, and two cloves; simmer until done, basting the meat often with the gravy during the last half-hour. Serve the meat on a hot dish; strain and take off all fat from the gravy, keep the meat hot before the fire, return the gravy to a small stewpan, and boil rapidly until it is reduced in quantity; thicken it with a little brown thickening; then pour it over the meat, and garnish with glazed onions. Time to brown, seven or eight minutes for each side; to dress altogether, two hours and a half. Sufficient for seven or eight persons. Veal-stuffing can be used instead of sausage forcemeat.

Sheep's Head.—Sheep's head has so little meat belonging to it, either inside or out, that it seems to many persons as though it were scarcely worth the trouble it gives. Nevertheless, it constitutes good

nourishing food at a moderate expense, and when it is liked at all it is very much liked. Several recipes are here given for preparing it. It is one of the ancient national dishes of Scotland, and to dwellers north of the Tweed is almost always welcome, not only on account of its intrinsic excellence, but also from the associations which belong to it. The village of Duddingston, near Edinburgh, was long celebrated for this dish. A sheep's head may be stewed with or without the trotters and the pluck; nourishing and wholesome broth may be made from it; it may be hashed, curried, or served as a ragoût, or it may be made into a pie. When sauces are required for it, those usually served with cow-heel or boiled mutton are the best adapted for it. Some cooks prefer the head of a ram to that of a wether, though it needs longer boiling.

Sheep's Head, Baked.—Split open the head, and remove the tongue and brains. It is generally best to soak the head after this in a little warm salt and water. Tie the two halves together, and bake the head in the oven for about a couple of hours, basting with butter or dripping. Potatoes, cut up, can be baked with it. Boil the tongue separately, and make some brain sauce by boiling the brains, then mashing them up with a teaspoonful of mixed sweet herbs, and some butter, pepper, and salt. Stir these brains over a gentle fire for some little time in a stewpan. Place the brains round the tongue, and serve in a separate dish from the head.

Sheep's Head, Hashed.—Wash the head, split it in halves, and soak it in lukewarm water. Clear the brains from fibre, and leave them in cold water till wanted. Put the head and the tongue into a saucepan with two onions and a bunch of sweet herbs, cover with cold water, let this boil, skim it, and draw the pan to the side of the fire that the head may simmer gently until done enough. Take it up, cut it into neat slices, flour and pepper these, and put them into a clean saucepan with the two onions that were boiled with them finely minced. Mix a dessertspoonful of flour to a smooth paste with a little cold water, and stir into it half a pint of the liquor in which the head was boiled. Add a large spoonful of stock, and salt and pepper if required. Pour the sauce over the slices of meat, add a spoonful of minced parsley and a spoonful of brown thickening, and let all simmer gently, without boiling, for half an hour. Serve the hash on a hot dish, and garnish with toasted sippets. Tie the brains in muslin, and boil them for a quarter of an hour. Mince them, and beat them up with a tablespoonful of scalded and chopped parsley and a little marjoram, half a cupful of milk, and half a cupful of the liquor in which the head was boiled. Boil them for a few minutes, thicken with flour and butter, and season with pepper and salt. Keep the tongue hot until the last moment. Skin it, lay it in the centre of a dish, pour the brains round, and serve hot. Time, altogether, three hours and a half to four hours. Sufficient for two or three persons.

Hearts.—Hearts, whether bullocks', calves', or sheep's, are all cooked the same way. They all require very careful washing and soaking, and sometimes a little vinegar added to the water is an improvement, especially in hot weather. All hearts should be parboiled (indeed, a bullock's heart should be allowed to simmer for a couple of hours); then take them out, and fill them with veal-stuffing. (*See* VEAL-STUFFING, p. 167.) Bake them in the oven for a couple of hours. They want a good

deal of basting, and, if possible, it is best to put some solid pieces of fat on them to melt and run down. Turn the hearts once or twice when this is done. Send some gravy to table with them.

Sheep's Hearts. — Soak the hearts in water, and wash them thoroughly. Cut away the pipes, and trim them neatly. Fill them with good veal-forcemeat (*see* VEAL-STUFFING), and skewer thin slices of fat bacon round them. Roast before a clear fire, and baste liberally. Thicken a quarter of a pint of stock with a teaspoonful of ground rice, flavour the sauce with ketchup, season with pepper and salt, and add a glass of wine, if liked. Serve the hearts on a hot dish, pour the sauce over them, and send red currant jelly to table with them. The stuffing may be made with the ingredients in the following proportions: — Shred a quarter of a pound of beef suet very finely. Mix with it two ounces of finely-grated bread-crumbs, a dessert-spoonful of chopped parsley, a finely-minced shallot, a teaspoonful of mixed sweet herbs, the hard-boiled yolk of an egg, and a little pepper, salt, and grated nutmeg. Mix the dry ingredients thoroughly, moisten them with a teaspoonful of lemon-juice, and bind them together with the yolk of a raw egg. This quantity of stuffing will be sufficient for two hearts. If liked, the strips of bacon can be omitted, and the hearts tied round with oiled paper, which should be removed about twenty minutes before the hearts are taken up, that they may brown. Time to roast the hearts, about three-quarters of an hour Sufficient, two hearts for three persons.

CHAPTER VIII.

VEAL.

Veal.—Veal is best when the animal is from two to three months old. The flesh of the bull-calf is the most suitable for joints, being of a firmer grain. That of the cow-calf is the best for made dishes. The fillet of the cow-calf is generally preferred, because it has the udder. The finest calves have the smallest kidneys, and when the veal is good these are well covered with fat. Veal, like all young meat, has a tendency to turn very quickly. It is both unpalatable and most unwholesome when it is at all tainted, and it cannot be recovered, as brown meats sometimes are, by the use of charcoal. Therefore it ought not to be kept more than two days in summer and four in winter. If eaten *quite* fresh it is apt to be a little tough. To assist it in keeping, the pipe should be removed from the loin as soon as the veal comes from the butcher. The skirt also should be taken at once from the breast, the inside scraped and wiped, and dredged with flour. If there is any danger of the veal becoming tainted, wash it, and put it into boiling water for ten minutes. Plunge it into cold water till cool, wipe it dry, and put it into the coolest place that can be found. Although veal can be obtained all the year round, it is best from May to September. No meat is more generally useful for making soups and gravies than veal. The flesh is rather indigestible. The head, kidneys, and sweetbreads are considered great delicacies. The feet contain a good deal of nourishment. Veal is cut up as follows:—1. The Loin. 2. The Chump, which consists of the rump and the hock bone. 3. The Fillet. 4. The Hind-knuckle. 5. The Fore-knuckle. 6. The Neck. 7. The Breast. 8. The Shoulder. To these joints must be added the head, which is highly esteemed, and the *pluck*, which includes the liver, lights, heart, sweetbreads, of which one is called the throat sweetbread, and is the larger of the two; the other the wind-pipe sweetbread. The pluck also includes the nut, melt, skirt, and throat. The udder or firm white fat of the fillet is used by French cooks for force-meats. Veal should be thoroughly done. When under-dressed it is unwholesome, and should be avoided.

Veal, Blanquette of, Made from Cold Dressed Meat.—Take from two to three pounds of cold dressed veal. Cut it into neat slices, and trim away the brown outside. Put these slices into a dish, cover them over, and keep them in a cool place till wanted. Mince the brown part, and put it into a saucepan with a good-sized onion chopped small, a stick of celery, a bunch of parsley, a little pepper and salt, and a pint of stock made from bones. Let all simmer gently together for half an hour. Strain the gravy, and put it again into the saucepan with a pinch of grated nutmeg, the strained juice of half a lemon, and the slices of veal. Let it simmer a minute or two. Beat the yolks of two eggs in a bowl. Mix a small quantity of the warm gravy with them, and add them gradually to the rest. Stir the sauce till it is smooth and thick, but it must not boil or it will curdle. This dish is excellent with green peas as an accompaniment. Time, altogether, about an hour. Sufficient for five or six persons.

Veal, Boiled.—Boiled veal is rarely liked: it is insipid, and very apt to be of a bad colour. When

it is cooked this way, serve boiled bacon or sausages with it, as well as parsley and butter sauce or celery sauce. (*See* PARSLEY AND BUTTER, p. 31, and CELERY SAUCE.) Veal can be boiled in the stock-pot for some time till sufficiently cooked for eating, then taken out and browned quickly in a fierce oven, and some veal-stuffing, cooked separately, added. This is an economical way. The soup gains at the expense of the joint. Many, however, would never know but that the veal had been roasted in the legitimate fashion. Veal always wants ham or bacon with it, either boiled or fried.

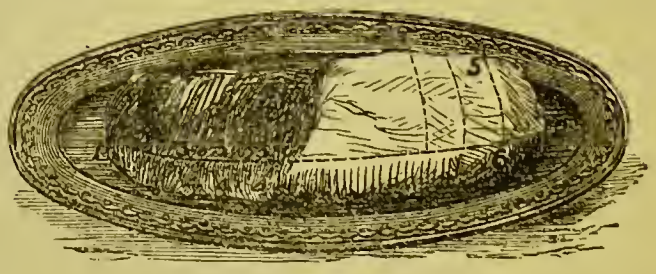
Veal, Braised.—Take about three pounds of veal—the middle of the loin on the best end of the neck will be the most suitable for the purpose. Cut the bones short, and chop off the chine bone close to the meat. Take a small bright saucepan, and rub the bottom quickly three or four times across with a bead of garlic. Lay two or three thin slices of lean bacon or ham in the bottom of the saucepan, and place the veal upon these. Add a carrot, an onion stuck with two cloves, a teaspoonful of chopped mushrooms, a pinch of grated nutmeg, a little pepper, and salt if the bacon is not already sufficiently salted. Place thin slices of fat bacon upon the veal, and pour upon it half a pint of cold stock or of water. Cover the saucepan closely, and simmer it as gently as possible till done enough. Take up the veal, put it on a hot dish, and place it in the oven for a short time to keep hot. Skim the gravy, and rub it with the ham, vegetables, &c., through a fine hair sieve. Let it boil up, stir a wineglassful of sherry into it, pour it upon the veal, and serve very hot.

Veal, Breast of, Roast.—Breast of veal can be roasted in the usual way or baked in the oven. Veal takes a long time to cook, and it will be best to cover the joint with the caul, or with buttered paper. Serve some forcemeat balls of veal-stuffing (*see* VEAL-STUFFING) with it. Ornament it with cut lemon, and serve boiled or fried bacon with it. Make some gravy in the dripping-pan, and thicken this gravy with a little brown thickening, or with butter and flour. Season the gravy with pepper and salt, and a little lemon-juice may be added. It is a very great improvement to the appearance of roast veal to brush it over with a little glaze: a teaspoonful of soy, mixed with two of rich gravy, will do. This can be thickened with corn-flour.

The best method of cooking breast of veal is to have it boned. The bones are invaluable for the stock-pot. Make some veal-stuffing (*see* VEAL-STUFFING, p. 167), spread a layer of this on the breast, roll it, and tie up exactly like a beef olive. (*See* BEEF OLIVE, p. 177.) Bake, glaze, &c., as above. Make a little gravy, as above, in the dripping-pan. Time to roast or bake a breast of veal, about three hours. A thick rolled joint takes a long time. Cover at first with a caul or with buttered paper.

The sweetbread is sometimes attached to the breast. It is a great pity to roast it with the veal. It should always be cut off and cooked separately. (*See* SWEETBREAD, p. 176.)

Veal, Breast of, Roast, To Carve.—The breast of veal should be first separated into two parts—it



BREAST OF VEAL, TO CARVE.

rightly consists of two—the rib-bones and the gristly brisket. This is done by cutting in the direction of the lines, 1, 2. The gristly part being divided into parts in the direction 3, 4, may be offered to those who prefer it—in a breast of veal stewed, these are particularly tender and inviting. The ribs are to be separated in the direction 5, 6; and, with a part of the breast, a slice of the sweetbread cut across the middle, should the sweetbread be cooked with it.

Veal, Breast of, Rolled and Braised.—Bone a breast of veal, spread some ordinary veal-forcemeat upon it, and roll it. Bind securely with tape, and lay slices of fat bacon all round it. Lay it in a stewpan just large enough to contain it, and add a carrot, an onion stuck with cloves, a few peppercorns, a little powdered nutmeg, and a bunch of sweet herbs. Pour over it from half to three-quarters of a pint of stock, cover the saucepan closely, and let its contents simmer very gently over a slow fire for three hours. Baste frequently with its liquor. Take up the veal, lay it on a dish, and put it in the oven. Strain the liquor, add a little flour, and boil quickly till it begins to thicken. Brush the veal over with it two or three times, then place it on a dish, garnish it with forcemeat balls, rashers of bacon, or dressed vegetables, and send it to table with any of the following sauces: white sauce, Italian sauce, melted butter, parsley sauce, mushroom sauce, &c. Time to simmer the veal, three hours.

Veal, Breast of, Stewed in White Sauce.—Take a piece of the breast of veal weighing about three pounds, and cut it into neat pieces convenient for serving. Put these into a stewpan with a bunch of parsley, a sprig of thyme, a bay-leaf, two shallots, or four young onions, a piece of thin rind of lemon, as big as a shilling, a little grated nutmeg, and a little salt and white pepper. Pour upon the meat a pint of stock or water, let the liquor boil, skim carefully, then draw it to the side, and simmer as gently as possible till done enough. Take up the meat and place it in the oven to keep hot. Strain the gravy, put it back into the saucepan, and stir into it the yolks of two eggs which have been beaten up with a quarter of a pint of milk or cream. Stir this sauce over the fire for a minute or two till it begins to thicken, then pour it over the veal, and serve very hot. The sauce must not boil after the eggs are added, or it will curdle. If liked, the meat may be left whole instead of being cut up. Those who like the flavour may rub the stewpan across five or six times with freshly-cut garlic before putting in the meat. Time to simmer the veal, one hour and a half, or two hours if thick. Sufficient for half a dozen persons.

Veal, Breast of, Stewed Plainly.—Take out the long bones and the gristle, and trim a breast of veal neatly. Put it into a stewpan, and cover with boiling stock made from bones. Let the liquor boil, skim carefully, and simmer very gently until the veal is tender. Drain and dish it, garnish the dish with forcemeat balls, and pour a little good gravy round it. The liquor in which it is stewed, unless thoroughly cleared from the fat, will be too rich to serve with it. A little bacon should accompany this dish. Time to stew the veal, two to two and a half hours.

Veal, Brisket of, and Rice.—Cut a brisket of veal into neat pieces, and stew it in some broth. Boil a pint of washed rice very gradually in a little more than a quart of broth till it is tender and has absorbed all the moisture. Butter the inside of a plain mould, and

line it with the boiled rice an inch and a half thick. Put the veal into the centre with a little of the sauce in which it was stewed. Cover the stew with rice, put on the lid, and bake the preparation in a gentle oven. Let it remain until stiff, and be careful that it does not burn. Turn it out upon a dish, and send the remainder of the broth in which it was stewed to table with it. If liked, to save trouble, a wall of rice may be placed round the dish, the veal being served in the centre. The addition of curry powder or curry paste will convert this dish into curried veal. Time to bake the rice in the mould, about three-quarters of an hour. Sufficient for six or eight persons.

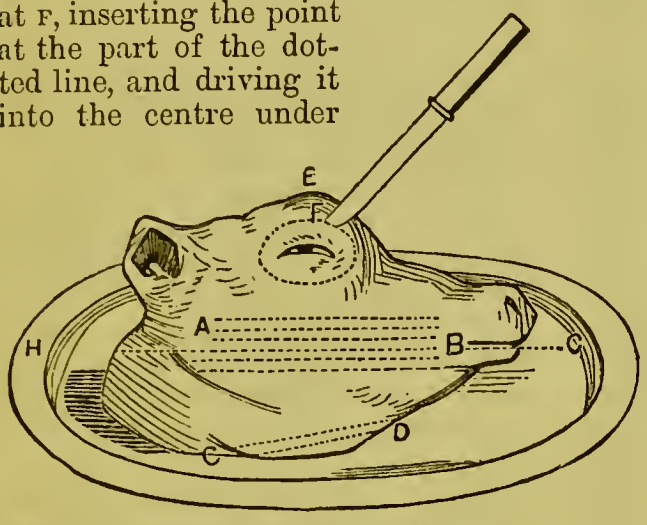
Veal, Brisket of, Stewed with Onions.—Cut the brisket of veal into small pieces convenient for serving. Rub a stewpan quickly three or four times across with a freshly-cut head of garlic. Dissolve in it a thick slice of fresh butter, put in the veal, and add three large onions thinly sliced, a sprig of thyme, a bay-leaf, and a little pepper and salt. Cover the saucepan closely, and stew its contents as gently as possible till done enough. Shake the saucepan frequently to keep the veal from burning. Ten minutes before the dish is to be served pour over the meat a little stock, if this is needed. Throw in a dessertspoonful of chopped parsley. Let all boil up together, and serve the pieces of veal and the onions in a hot dish with the gravy poured over them. Garnish with toasted sippets and sliced lemon. Time to simmer the veal, two hours. Sufficient for five or six persons.

Calf's Head, Boiled. — Get half a calf's head, scalded and skinned. This is best done at the butcher's. Soak it in cold salt and water; remove the tongue and brains; place it in hot water, with an onion, a carrot, a turnip, and a head of celery. Boil till tender—about two and a half hours—and serve with parsley and butter sauce, which should not be poured over the head if you wish to make clear mock-turtle from the remains, but served separately. Chopped parsley can be sprinkled over the head, by way of garnish, as well as cut lemon. The tongue and brains should be served in a separate dish. A piece of bacon or ham boiled, and served hot, usually accompanies calf's head. The liquor in which the head was boiled will make excellent mock-turtle soup. (*See* MOCK-TURTLE, p. 12.) Some chopped marjoram added to the parsley and butter sauce is a great improvement.

Calf's Head, To Warm Up.—By far the best method of warming up calf's head is to put the remains in the soup made from the liquor. It can, however, be cut up, and warmed up in the remains of the sauce; or some of the best pieces may be warmed up in some rich brown gravy, a little tomato sauce added; if possible, a few mushrooms; a dessertspoonful of sherry, and a few nicely-fried eggs—that is, eggs browned both sides—served with it. This is known as "calf's head *à la tortue*."

Calf's Head, To Carve.—Commence by making long slices from end to end of the cheek, cutting quite through to the bone, according to the dotted lines from A to B. With each of these slices serve a cut of what is called the throat sweetbread, which lies at the fleshy part of the neck end. Cut also slices from C to D—they are gelatinous and delicate—and serve small pieces with the meat. A little of the tongue and a spoonful of the brains are usually placed on each plate. The tongue is served on a separate plate, surrounded by the brains, and is cut across in

rather thin slices. Some persons prefer the eye. It is removed by a circular cut marked by dotted lines at E. First put the knife in slanting at F, inserting the point at the part of the dotted line, and driving it into the centre under the eye; then turn the hand round, keeping the circle of the dotted line with the blade of the knife, the point still in the centre. The eye will come out entire, cone-shaped at the under part, when the circle is completed by the knife. The lower jaw must next be removed, beginning at G; and to do this properly the dish must be turned. The palate is also considered a dainty, and a little of it should always be offered to each person.



CALF'S HEAD FOR CARVING.

Veal, Cushion of, Braised.—The cushion of veal, or the *noix*, as it is called in French cookery-books, is simply that part of the leg which is covered by the udder. It should be separated from the under part of the fillet with a sharp knife, and the udder should be left whole, closely adhering to the cushion in its original position. The sinewy parts may be cut away. Take the cushion thus prepared, and lard the fleshy portion evenly and neatly with strips of fat bacon. Butter a braising-pan, and then cover the bottom with a layer of sliced vegetables (onions, carrots, celery, and herbs), put in the larded veal and any bones and trimmings of meat that may be at hand, pour in as much stock as will just touch the surface of the veal, and braise it very gently over a slow fire. Butter a round of paper to fit the stewpan, lay this over the meat, put the lid over all. Every now and then the paper must be lifted and the meat basted with the gravy. Stew very gently indeed till the veal is tender. Remove the lid and the paper, and put the stewpan into the oven to brown the meat. Still baste it occasionally. The gravy should now be considerably reduced, and very thick. If it is, put the meat on a dish, and strain the gravy over it. If it is not, boil it quickly in a saucepan with the lid off until it becomes so. The fat must of course be removed from it. Garnish the dish with a mixture of dressed vegetables. Endive, spinach, or mushrooms may be served with the dish. Time to braise the veal, about three hours.

Veal, Fillet of.—The fillet is one of the prime joints of veal. It is taken from the leg above the knuckle. The French divide it into three parts—the fat fleshy piece inside the thigh to which the udder is attached in a cow-calf, and of which fricandeau is made; the under *noix*, used for force-meat, pies, &c.; and the centre *noix*, for sauce, &c. As veal becomes tainted very quickly, the udder should be examined and wiped dry every day, and the kernel should be removed from the fat. The most usual mode of dressing a fillet of veal is to stuff and roast it, though it can be either boiled or braised.

Veal, Fillet of, Boiled.—Take a small and white fillet of veal for this purpose. Remove the bone, fill its place with good veal-force-

meat (*see* VEAL-FORCEMEAT, p. 167), and bind the veal securely with tape. Put a few skewers at the bottom of the stewpan to keep the veal from sticking; lay it on these, and pour over it as much cold weak stock, or even water only, as will barely cover it. Let it heat slowly and simmer very gently indeed until it is done enough. The more gently it is simmered the better it will be. Carefully remove the scum as it rises. When done enough, take it up, put it on a hot dish, garnish with lemon, and send oyster, celery, or white sauce to table with it; or a sauce made by thickening a little of the stock in which it was boiled with white thickening, seasoning with salt, pepper, and nutmeg, and flavouring with lemon-juice and sherry. A boiled tongue should accompany this dish, which if served alone is in danger of being considered insipid, or a piece of boiled bacon, or bacon rolls. Time to simmer a fillet of veal weighing six pounds, three hours. Sufficient for half a dozen persons.

Veal, Fillet of, Roasted.—Have the fillet cut to the size required. Remove the bone, and fill the cavity with good veal-forcemeat (*see* VEAL-STUFFING, p. 167). Cut the flap slightly, and lay forcemeat under it. Draw the flap round, skewer the veal, bind it firmly into a round shape, skewer the skin which has been sent with the veal over the forcemeat and the fat, flour the fillet, and put it down at some distance from the fire, or place it in a moderately fierce roasting oven, then draw it gradually nearer till done enough, and baste frequently. Let the outside be well browned, though it must not be burnt. Remove the skin, skewers, and tape, and put the veal on a hot dish. Pour some good brown gravy round it, and garnish with sliced lemon. A boiled tongue, or small pieces of bacon or ham, should be served with roast veal. It is always well to prepare plenty of stuffing, so that it may be used to flavour a mince if the remains of the veal are served in that form. As it is a little difficult to keep the stuffing in the veal when it is roasted before the fire, many cooks prefer to bake it in a moderate oven. When this plan is adopted the veal must be basted frequently. The veal should be roasted slowly, or the outside will be burnt before the meat is done through, and underdone veal is most unwholesome. Time to roast the veal, twenty-eight minutes to the pound; half an hour to the pound in frosty weather.

Veal, Fricandeau of.—For this dish—a segment of veal, larded and stewed, with bacon, sliced vegetables, sweet herbs, and seasonings—we are indebted to the age of Leo X. Its inventor was Jean de Carême (John of Lent), who received the nickname in consequence of a celebrated *soupe maigre* which he made for the Pope, his master. He was the direct ancestor of the famous Carême, who was cook first to George IV., and afterwards to Baron Rothschild. Leo X., luxurious and magnificent in his tastes, was far from narrow-minded in his patronage of merit. He fostered the genius of Raphael, the painter, and encouraged also the genius which could discover a fricandeau. The following receipe will be found excellent:—Take about three pounds of the fat, fleshy side of a fillet of veal, of the best quality, or a slice about four inches thick. With one stroke of the knife cut it even, trim it into an oblong or oval shape, then lard thickly and evenly with thin strips of fat bacon. Slice two carrots, two turnips, and two onions, and put these into the centre of a stewpan with two or three slices of bacon, the trimmings of the meat, a bunch of sweet herbs, two bay-leaves, and a little salt and white pepper.

Put the fricandeau on the vegetables, and pour in about a pint of stock, or as much as will cover the bacon without touching the veal. Cover the saucepan closely, and let its contents come slowly to the boil, then stew very gently by the side of the fire till the meat is quite tender. Baste frequently with its liquor. A short time before it is to be served take it up and put it into a well-heated oven to crisp the bacon. Strain the gravy, skim the fat from it, boil quickly to glaze, and baste the fricandeau with it till it looks bright and glossy. Serve with the larded surface uppermost, in the centre of a purée of any vegetables that are in season—sorrel, spinach, endive, asparagus, peas, &c. If liked, the gravy may be simply strained, skimmed, and poured over the meat, and then the dish is "fricandeau with gravy." Sometimes as a matter of economy the lean part of the best end of a large neck of veal is used instead of the prime part of the leg, and does nearly as well. Truffles, mushrooms, and artichoke bottoms may all be served with this dish. Time to stew the fricandeau, about two hours and a half.

Veal, Knuckle of, Boiled.—A knuckle of veal is generally boiled, and forms a most wholesome and nourishing dish. It should be washed, then put into a stewpan, covered with cold water, boiled, then simmered gently and skimmed frequently for from two hours and a half to three hours, or till the gristle is quite tender, but not till the flesh will leave the bone. On account of its sinewy nature this joint needs to be well cooked. Plain melted butter or parsley and butter may be both poured over and served with it. Egg sauce, onion sauce, and white sauce are also suitable accompaniments. Bacon and greens or mashed turnips and potatoes are usually eaten with knuckle of veal, and the dish should be garnished with parsley, lemon-rind, and forcemeat balls. Time, a knuckle of veal weighing about six pounds, three hours, to simmer gently, or even longer.

Veal, Knuckle of, Stewed with Green Peas. — Take a small knuckle of veal. Melt a slice of fresh butter in a frying-pan, and put into it two onions sliced, and the knuckle of veal whole. Turn the meat about till it is lightly and evenly browned. Put it into a stewpan with the onions and as much boiling stock or water as will cover it. Let the liquor boil, then simmer gently for an hour. Add two lettuces finely shred, a pint of freshly-shelled green peas, two teaspoonfuls of salt, and a teaspoonful of pepper, and simmer all gently together another hour, or rather longer. Serve the meat on a hot dish with the gravy poured over it, and send boiled rice to table on a separate dish. If liked, one or more cucumbers, pared, freed from seeds, and sliced, may be stewed in the gravy as well as the peas. Boiled bacon should be sent to table with it. Time to stew the veal, about two hours or more, according to size.

Veal, Loin of, Boiled.—It is not often that the loin of veal is boiled whole, as it is always best to finish it on the day it is dressed, because cold boiled veal is not a particularly relishing dish. Nevertheless, to invalids and persons of delicate taste, boiled veal is sometimes more acceptable than roast veal. The best end of the loin, with the kidney left in, is excellent, and should be served with oyster or well-made white sauce. The chump end may be accompanied by parsley and butter. A loin of veal should be boiled just like a fillet of veal, though on account of its being less solid it will not need to be boiled quite so long. A piece weighing from eight to ten pounds will need to simmer from two

hours and a quarter to two hours and a half.

Veal, Loin of, Boned, Braised.—Take four pounds of the chump end of a loin of veal. Take out the bone, and fill the cavity with good veal-forcemeat. (*See* VEAL-FORCEMEAT, p. 167.) If wished, this may be omitted. Bind tightly with tape, put it in a stewpan with an ounce of butter, and turn it about till it is lightly and equally coloured all over. Lay some slices of bacon over it, and add the bones and trimmings of the veal, a large carrot, an onion sliced, a bunch of sweet herbs, half a teaspoonful of whole pepper, a little grated nutmeg, and a little salt. Pour over all a quart of stock, and simmer the veal as gently as possible, basting frequently with the liquor till it is tender. Take it up, and put it in the oven to keep hot. Strain the gravy, skim the fat from the surface, and boil quickly till it is considerably reduced, and if necessary thicken slightly with a little brown thickening. Put it on a dish, glaze with part of the gravy, and stir into the rest an anchovy, a spoonful of capers, and a glassful of light wine. Dressed sorrel, spinach, or endive may be served on a separate dish. Time to simmer the veal, two hours.

Veal, Loin of, Roast.—It is by no means a general practice to stuff a loin of veal, but it is one which can be highly recommended, as it greatly improves the joint. Make an incision in the flap or skirt of the loin, and into the cavity thus made, just over the ends of the bones, put some good veal-forcemeat. Roll in the flap to cover the kidney-fat, and skewer it down, or bind with tape. Now wrap the loin in well-greased sheets of paper, and put it down at a moderate distance before a clear fire, or into a moderate baking oven. Baste liberally. Half an hour before it is done enough, take away the paper, and let the veal brown. If the paper is not put on, the joint must be well dredged with flour soon after it is put to the fire. When done enough, put the veal on a hot dish, and pour either clear brown gravy or good brown sauce over it. Garnish the dish with sliced lemon and fried forcemeat balls. Ham, tongue, bacon, or pickled pork should be served with it. In some places egg sauce and brown gravy are served with roast veal. If the loin is a very large one, the kidney should be skewered back for awhile, to insure its being sufficiently dressed. Care should be taken that the joint is hung before the fire in such a way that both ends will be equally done. Time, a large loin of veal, about three hours.

Veal, Loin of, Stewed, Plain.—Take the chump end of a moderate-sized loin of veal; put it into a stewpan with a slice of fresh butter, and turn it about until it is lightly and equally browned. Pour over it boiling stock or water to half its depth, and add two sliced carrots, two small onions, and a bunch of sweet herbs. Let it simmer gently for an hour, carefully removing the scum as it rises. Turn it upon the other side, and simmer another hour. Dish the joint. Skim the gravy, pour some of it over the veal, and send the rest to table in a tureen. Ham, bacon, or pickled pork should accompany this dish. Time, two hours.

Veal, Neck of (à la Crême).—Take the best end of a neck of veal. Loosen the flesh from the ends of the bones. Cut the bones short to make the joint as square as possible, then fold and skewer the flank underneath. Wrap the joint in oiled paper, fasten it upon the spit, and put it down at a moderate distance from a clear fire or bake it in a brisk oven. Baste liberally. Re-

move the paper, and baste the joint with a pint of good white sauce or with cream. This will impart to the surface of the veal a rich brown appearance and a delicious flavour. Serve the veal on a hot dish, pour white sauce round it, and send a little more to table in a tureen. If liked, white mushroom sauce may be served with the veal, as well as, or instead of Béchamel. Some cooks before roasting the veal let it lie in oil for a couple of hours, with a little pepper, salt, and powdered sweet herbs sprinkled over it. Time to roast the veal, two hours to two hours and a quarter, or twenty-five minutes to the pound.

Veal, Shoulder of, Boned, Stuffed, and Roasted.—Cut the knuckle from a shoulder of veal, draw out the bladebone, and fill the cavity thus made with veal-forcemeat (p. 167). If preferred, the bladebone may be left in, and the forcemeat spread over the part where the knuckle was cut off, and also under the flap. The broad end of the shoulder must then be turned and skewered over the forcemeat. Tie a piece of oiled or greased paper over the joint; hang it tolerably near a clear fire, or place in a moderately fierce roasting oven, and at the end of twenty minutes draw it back and roast or bake it gently until done enough. Baste every quarter of an hour. Twenty minutes before it is taken up remove the paper, dredge the joint with flour, and baste till it is nicely browned. Place it on a dish, pour good brown sauce round it, and serve with a cut lemon on a plate. Send ham or bacon to table with it. Time to roast a shoulder of veal, three hours to three hours and a half.

Veal, Neck of, Roast.—Take the best end of a neck of veal, saw off the chine-bone, and run a strong skewer through the joint lengthwise, wrap in buttered paper, and tie it to the spit. If the joint is not wrapped in paper, it must be well dredged with flour, and basted very liberally with dripping from the pan. Put it down before a clear fire, and at a sufficient distance to keep it from being scorched, or place it in a roasting oven not too fierce. A quarter of an hour before the joint is taken up, remove the paper, dredge the meat with flour, and baste with a little butter dissolved in a spoon. Pour the fat from the pan, leaving the brown sediment behind; stir into it a quarter of a pint of thin melted butter, and add a little salt; then strain the sauce into a saucepan, and let it boil. Put the joint on a hot dish, pour part of the sauce round it, and send the rest to table in a tureen. Send the joint to table accompanied by bacon, ham, tongue, or pickled pork on a separate dish, and with a cut lemon on a plate. Parsley sauce, onion sauce, and white sauce, may all be served with roast neck of veal. Time to roast the veal, an hour and a half to two hours, or twenty-five minutes to the pound.

Veal, Shoulder of, Boiled.—Cut off the knuckle, and draw out the bones. Rub the under part with a cut lemon, and sprinkle over it pepper, salt, and chopped parsley. Roll the meat, and skewer it neatly. Put it into a stewpan, cover with milk and water, and let it simmer gently till done enough. Carefully remove the scum as it rises, or the appearance of the dish will be spoilt. Send good onion sauce to table with it, and serve boiled bacon or pickled pork on a separate dish. This dish is by most people considered insipid. Time, twenty minutes to the pound.

Veal, Shoulder of, Boned.—The butcher will, if desired, perform the operation of boning, which is rather troublesome to those not

accustomed to it. Lay the joint upon the table, skin downwards. With a sharp knife detach the flesh from the bladebone first on one side and then on the other, and be especially careful not to pierce the outer skin; keep the knife in constant contact with the bone. When the bone is quite free, loosen it from the socket, and draw it out. The bone of the knuckle is sometimes left in, but when it is necessary to remove it the same rules need to be observed. The knife must be worked close to the bone throughout, and the outer skin must not be pierced. An excellent grill may be made of the bladebone if a little of the meat is left on it.

Calf's Foot, Stewed.—Wash a calf's foot very carefully, and rub it over with pepper and salt. Place it in a saucepan or dish, and cover it with a pint and a half of water. The knuckle-bone of a ham, the end of a dried tongue, or even a few pieces of beef may be added, with a little celery, an onion stuck with four or five cloves, and a carrot. Let these simmer either in the oven or on the fire for three or four hours. In either case they must be closely covered. When quite tender, take out the bones, and cut the meat into neat pieces. Strain the gravy, skimming off the fat; add to it a tablespoonful of mushroom ketchup, and thicken it with a dessertspoonful of ground rice, or, better still, the yolks of two or three eggs and a few leaves of chopped tarragon, in which case leave out the ketchup. Let it boil up, then put in the pieces of meat, a squeeze of lemon-juice, a glass of white wine, and serve hot. One foot will be found sufficient for one or two persons.

Calf's Foot, Boiled, with Parsley and Butter.—Thoroughly clean two calf's feet, divide them at the joint, and split the hoofs. Put three rashers of bacon into a stewpan, with a piece of butter the size of an egg, a large onion stuck with five or six cloves, the juice of a lemon, and a little salt and pepper. Care must be taken not to put too much salt, as the bacon will probably supply what is necessary. Lay the feet on the bacon, and cover the whole with one pint of stock. Let them simmer very gently for three hours or more; then take out the feet, put them on a hot dish, and pour some parsley and butter sauce, made from the stock in which the foot was boiled, over them (*see* PARSLEY AND BUTTER, p. 31).

CHAPTER IX.

PORK AND LAMB.

Pork.—Pork, more than any other meat, requires to be chosen with the greatest care. The pig, from its gluttonous habits, is particularly liable to disease, and if it is killed and its flesh eaten when in an unhealthy condition, those who partake of it will probably have to pay dearly for their indulgence. It is generally understood that dairy-fed pork is the best. When it is possible, therefore, it is always safest to obtain pork direct from some farm where it has been fed and killed. When this cannot be done, it should either be purchased from a thoroughly respectable and reliable person, or dispensed with altogether. Pork is best in cold weather. It is in season from November to March. It should be avoided during the summer months. The fat should be white and firm, the lean finely grained, and the skin thin and cool. If the skin is thick, the pig is old; if it is clammy, it is stale; if any kernels are to be seen in the fat, the pig was diseased at the time it was killed. Pork should not be allowed to hang more than a day or two before it is cooked, as it will not keep unless it be salted. If cooked *quite* fresh, however, it will be hard. The head, heart, kidneys, liver, &c., should be cooked as soon as possible. Care should be taken that pork is thoroughly cooked, as it is most indigestible when under-dressed. A porker, or pig which is to be cut up for fresh pork, is generally killed when it is from six to nine months old. A bacon-pig is allowed to grow older and bigger. The manner of cutting up the pig varies in different parts. A porker is generally divided as follows:—

1. Spare-rib.	Roasted. To be cooked fresh.	whilst	10d. to 10½d. per pound.
2. Hand.	Slightly salted and boiled. Generally too fat for roasting.		8d. to 9d. per pound.
3. Belly, or spring.	Slightly salted and boiled, or salted for bacon.		9d. to 10d. per pound.
4. Fore-loin.	To be jointed and roasted. Cut into chops, used for curry or for pies.		9½d. to 10½d per pound.
5. Hind-loin.	Ditto, ditto.		11d. per pound.
6. Leg.	Roasted, or salted and boiled. Most economical joint.		10d. to 11d. per pound.
Head.	Stuffed like a sucking-pig and roasted, or cheeks salted and boiled. The rest of the head, with the tongue, feet, and ears salted and made into brawn.		5d. to 6½d. per pound.
Fry, including the liver, heart, kidneys, &c.	To be cooked as soon as possible.		5d. per pound.
Feet.	Salted, boiled, and served with parsley sauce.		1½d. to 3d. each.

A bacon-pig is cut up differently. The chine is in some parts cut from the centre of the pig the whole length from the tail to the neck. In other parts the meat which is taken from the upper part of the spine, between the shoulders, is called the chine, and the hind-loin the griskin. The chine may be salted and boiled, or roasted. It is highly esteemed. The hind-leg is salted and cured, and called ham; the fore-leg is generally left with the side, and salted for bacon. The spare-

rib is sometimes cut out, oftener it is left with the bacon. Sometimes the meat for bacon is cut off from the shoulder-blade and bones, and the latter, with very little meat on them, are divided into chines, spare-ribs, and griskins. The inner fat is melted down for lard. In pickling pork great care must be taken that every part is basted regularly and turned about in the brine. If any portion is long exposed to the air, it may be spoiled.

Pork, Belly of.—The belly of pork is generally either pickled and boiled, or salted and cured for bacon, and it may be dressed as follows:—Take the belly of a porker, either fresh or salted, lay it, skin downwards, flat on the table, and sprinkle over the inside a savoury powder made of two tablespoonfuls of finely-grated bread-crumbs, two tablespoonfuls of powdered sage, a teaspoonful of salt, a teaspoonful of pepper, and two finely-minced shallots. Roll the meat tightly round, bind it with tape, and either bake or roast it. It may be served hot with brown gravy, or allowed to get cold, and then be pressed. Time to roast or bake, twenty minutes per pound.

Pork, Belly of, Boned, Rolled, and Boiled.—Salt a belly of pork; young meat will be the best for the purpose. To do this, mix a saltspoonful of powdered saltpetre with two tablespoonfuls of common salt, sprinkle the mixture over the pork, and let it lie for three days. When ready to dress the meat, wash it in cold water, and dry it with a cloth. Lay it, skin downwards, on a table, remove the bones, and cover the inside with pickled gherkins cut into very thin slices. Sprinkle over these a little grated nutmeg and pepper. Roll the meat tightly, and bind securely with tape. Put it into a saucepan, with two onions stuck with six cloves, three bay-leaves, a bunch of parsley, and a sprig of thyme. Pour in sufficient cold water to cover it. Bring the liquid slowly to the boil, skim carefully, draw it to the side, and simmer gently till the meat is done enough. Put it between two dishes, lay a weight upon it, and leave it until it is quite cold. The bandages should not be removed until the meat is to be served. Time to simmer, half an hour per pound.

Pork, Chine of.—The chine of pork is that part of the pig which is taken from the spine between the shoulders. It is often sent to table with turkey, and should be salted for three or four days before it is cooked. There is a good deal more of fat than lean in it. To boil it, put it in plenty of water, let it boil slowly, skim thoroughly, and serve garnished with any kind of greens. It is as often roasted as boiled. When roasted, the skin should be scored before it is put down to the fire. Make a sauce by frying two or three sliced onions in butter till they are lightly browned. Pour off the oil, and add a cupful of good gravy with a teaspoonful of mixed mustard, a dessertspoonful of vinegar, a pinch of salt, and a large lump of sugar. Boil this, and pour it into the dish. Time to boil, half an hour to the pound after it boils; to roast, twenty minutes to the pound.

Pork Chops.—Pork chops are best grilled, but can be cooked in a frying-pan. The best chops are those that have a slice of the kidney in the undercut. Pork chops must be thoroughly done, and they require nearly double the time of mutton chops.

Pork, Hand of.—The hand of pork is usually salted and boiled, and may be sent to table with greens and peas pudding in a separate dish. It should have lain in salt about four days. If it has lain longer than that, and is very salt, it is well to let it soak a short time before boiling. It should be put into cold water, skin upper-

most, the liquid should be brought slowly to the point of boiling, skimmed carefully, and then simmered gently until the pork is done enough. Time, half an hour per pound from the time the water boils.

Pork, Griskin of.—A griskin of pork is a loin from a large pig with the bacon cut off, and is unfortunately often sent to table dry and hard. In order to prevent this, put it into a stewpan with as much cold water as will cover it. Bring the water to the boil, take out the meat, remove the skin, and put it down to a clear fire. A short time before it is done enough, strew over it a teaspoonful of powdered sage mixed with an equal quantity of bread-crumbs, and a little salt and pepper. Baste liberally before the powder is strewn over the meat, but not afterwards. Send some apple sauce and gravy to table with it. If the skin is left on it will require longer roasting. Time for a joint weighing seven pounds, an hour and a half.

Pork, Leg of, Boiled.—A leg of pork which is to be boiled should be previously salted. When purchasing it, choose a small compact leg not too fat. If already salted, wash it before beginning to cook it. If not, put it into a perfectly clean dry earthen pan, rub it well in every part with common salt, and repeat this operation every day for ten days, turning the meat each time, so that the brine may reach every part equally. When the pork is wanted, if it has been in brine more than ten days, soak it in cold water for a few hours or longer, in proportion to the length of time it has been in pickle, saw off the shank-bone, wash it well, put it in a saucepan, cover with cold water, and bring the liquid slowly to a boil. Skim carefully, and simmer gently until the meat is done enough. If it is allowed to boil quickly the knuckle end will be sufficiently cooked before the heat has penetrated to the middle of the thick part of the leg. Carrots, turnips, parsnips, and peas pudding are the usual accompaniments of boiled leg of pork. If liked, the vegetables can be boiled with the meat, but they must not be put in until the water boils. The appearance of the dish will be improved if the skin is scored into small squares or diamonds, and each alternate square taken out. Time, a leg of pork weighing six pounds will require two hours' gentle simmering, after the water has come to the boil. Sufficient for eight or ten persons.

Pork, Leg of, Roasted.—A leg of pork of eight pounds will require about three hours. Score the skin across in narrow strips—some score it in diamonds—about a quarter of an inch apart. Stuff the knuckle with Sage-and-Onion Stuffing (*see* p. 168), lifting the skin by the knuckle with a knife, placing the stuffing underneath, and tying it up with a string. Do not put the meat too near the fire; rub a little fresh salad oil on the skin with a paste-brush or a goose-feather; this makes the crackling crisper and browner than basting it with dripping, and it will be a better colour than all the art of cookery can make it in any other way. And this is the best way to prevent the skin from blistering, which is principally occasioned by its being placed too near the fire.

Pork, Loin of (à la Française).—Take a piece of the loin, neck, or spare-rib of pork; score the skin neatly in lines about a quarter of an inch apart, and rub it over with salad oil. Put it into a deep baking-dish with eighteen or twenty apples pared, cored, and quartered, as many potatoes peeled and divided, and nine or ten moderate-sized onions. Put the dish in a well-heated oven, and when the meat and vegetables are done enough,

serve them on a hot dish, the meat being placed in the centre, and the apples, onions, and potatoes arranged round it. Time to bake a joint weighing about four pounds, two hours. Sufficient for six or seven persons.

Pork, Loin of, Roast.—Score the skin of a fresh loin of pork at equal distances about a quarter of an inch apart. Brush it over with salad oil, and place it before a clear fire, though at a good distance from it, or in not too fierce a roasting oven, for fear the crackling should burn before the meat is sufficiently cooked. Baste liberally, and when done enough serve on a hot dish, and send brown gravy and apple sauce or Robert sauce to table with the meat. If liked, a little sage-and-onion stuffing may be served in a separate dish. It is better not to send it to table on the same dish as the meat, as many people object to the flavour. Time, a loin of pork weighing five pounds, about two hours. Sufficient for half a dozen persons.

Pork, Neck of, Boned, Rolled, and Roasted.—Take a neck of fresh young pork. Have the bones removed, and spread evenly over the inside a forcemeat made of three tablespoonfuls of finely-grated bread-crumbs, two finely-chopped onions, two tablespoonfuls of chopped sage, a little pepper and salt, and a beaten egg. Roll and bind the meat tightly in a nice shape. Put it to roast before a clear fire, though at a good distance from it, or into not too fierce a roasting oven, and baste it liberally. Send good brown gravy to table with the pork. If liked, the forcemeat may be omitted, and tomato sauce, Robert sauce, or soubise sauce may accompany the meat. Time to roast the pork, twenty-five minutes per pound.

Pork, Pickled.—As pork will not keep unless it is salted, it should be cut up as soon as it is cold, and in such pieces as will lie quite flat in the pan. Strew a layer of salt and a slighter one of sugar at the bottom of the salting-pan. Rub the sides of the pork over with sugar and salt, lay the pieces, skin downwards, in the pan, and put a layer of sugar and salt between the layers. When the pan is full, cover the whole with a layer of salt sufficiently thick to exclude air. Lay a cloth over the pan, and put a board with a weight upon it over the cloth to keep the meat in the brine. Leave it for a week or ten days. If at the end of that time the salt has not dissolved into a brine, sprinkle a little warm water over the top layer of salt. It is better, however, to avoid doing this if possible: it should only be found necessary in very dry weather. Pork pickled in this way will be ready for use in three or four months, and will be found excellent. If excluded from the air, it will keep good for two years. Although saltpetre is more commonly used than sugar in pickling meat, the latter imparts the finer flavour, though there is no reason why both should not be used for pork as well as beef.

Pork, Pickled, Boiled.—If the pork be very salt, let it soak for a few hours before it is dressed. Put it into a saucepan, cover with cold water, and bring it slowly to the boil. Skim the liquid carefully, draw the pan to the side, and let the meat simmer very gently until it is done enough. If boiled quickly it will not be good. Pickled pork is generally served as an accompaniment to fowls or other white meats. If underdressed, pickled pork is very indigestible. Thick pieces will require longer boiling than thin ones; as a general rule, half an hour per pound from the time the water boils.

Pork, Saddle of, Roasted.—Have a saddle of pork cut in the

same way as a saddle of mutton. As pork is not often cut up in this way, it will be necessary to order it beforehand. Take off the skin, trim the joint neatly, and cover the fat with buttered paper. Put it down to a clear fire, or fairly fierce roasting oven, and baste liberally. Half an hour before it is taken up, remove the paper, dredge the meat lightly with flour, and then baste until it is brightly browned. Send brown gravy and apple sauce, or tomato sauce, or sauce Robert, to table with it. If liked, the skin can be left on, and it will then require to be scored, before roasting, lengthwise, the same way in which the saddle is carved. This is the handsomest joint of pork that can be served. Time, without the skin, twenty minutes per pound.

Pork, Spare-rib of, Roasted.—A spare-rib of pork usually weighs about eight or nine pounds, and will take from two to three hours to roast it thoroughly—not exactly according to its weight, but the thickness of the meat upon it, which varies very much. Lay the thick end nearest to the fire, or if you use a roasting oven, put the thick end towards the hottest part. A proper *bald* spare-rib (so called because almost all the meat is pared off), of eight pounds weight, with a steady fire, will be done in an hour and a quarter—there is so little meat on a bald spare-rib that if you have a large fierce fire it will be burnt before it is warm through. Joint it nicely, and crack the ribs across as you do ribs of lamb. When you put it down to roast, dust on some flour, and baste with a little butter. Dry a dozen sage-leaves, rub them through a hair sieve, and put them into the top of a pepper-box, and about a quarter of an hour before the meat is done baste it with butter, then dust pulverised sage. Some people carve a spare-rib by cutting out in slices the thick part at the bottom of the bones. When this meat is cut away the bones may be easily separated, and are esteemed very sweet picking. Apple sauce, mashed potatoes, and good mustard are indispensable.

Pig, Sucking.—Sucking-pigs are in season all the year round, though they are to be preferred in cold weather, and are at their best from the middle of November to the end of December. To be eaten in perfection they should not be more than three weeks old, and should be cooked as soon as possible after they are killed, as they deteriorate in quality every hour that they are kept. Sucking-pig is fattened with milk and whey, with the addition of barley-meal. Some consider the flesh a great delicacy; others, however, hold it to be too luscious. It is very nourishing, but not so digestible as might be supposed. The price of a sucking-pig varies considerably with the season and the demand; they may be had sometimes for 5s. or 6s., at others 20s. or 25s. may be asked for them. The average cost is from 6s. to 9s.

Pig, Sucking, Roast.—Wipe the pig thoroughly, stuff it with a very mild sage-and-onion stuffing, and sew up the slit securely with soft cotton. Truss it like a hare, with the fore-legs skewered back and the hind-legs drawn forward. Rub it over with clarified butter, or fresh salad oil, and put it down, not too near, before a clear, brisk fire. Baste constantly, or the crackling will be blistered and burnt, instead of crisp and brown. As the middle part requires less roasting than the ends, it is usual, when the pig is half done, to hang a flat-iron from the spit in such a position that it will shade the heat of the fire from the middle. When baked, wrap the middle round several times with well-oiled paper,

and if one side of the oven is hotter than another, as is usually the case in ordinary ovens, turn the ends alternately. It is well to tie some butter in a piece of muslin, and rub the pig over with this two or three times whilst it is roasting. When it is done enough, cut off the head before the pig is taken from the fire, take out the brains, and chop them up quickly with the gravy which has dropped from the pig, and add a cupful more, together with a little cayenne, lemon-juice, and grated nutmeg. To dish it, cut the pig open, and lay the sides back to back, lengthwise, upon the dish, with one half of the head at each end and the ears at the sides. If preferred, the brains may be stirred into melted butter instead of gravy. Rich brown gravy, apple, and the old-fashioned currant sauce, are all served with sucking-pig. Time to roast, according to size; a three weeks old pig, two hours. Sufficient, a three weeks old pig for eight or nine persons.

A sucking-pig is often, when rather large, sent to the bakery to be baked in a large oven.

Pig, Sucking, Roast (Dr. Kitchiner's recipe).—A sucking-pig is in prime order for the spit when about three weeks old. It loses part of its goodness every hour after it is killed; if not quite fresh, no art can make the crackling crisp. To be in perfection, it should be killed in the morning to be eaten at dinner; it requires very careful roasting. A sucking-pig, like a young child, must not be left for an instant. The ends must have much more fire than the middle; for this purpose is contrived an iron to hang before the middle part, called a pig-iron. If you have not this, use a common flat-iron, or keep the fire fiercest at the two ends. For the stuffing, take of the crumb of a stale loaf about five ounces; rub it through a colander; mince fine a handful of sage (*i.e.*, about two ounces), and a large onion (about an ounce and a half); mix these together with an egg, some pepper and salt, and a bit of butter as big as an egg; fill the belly of the pig with this, and sew it up; lay it to the fire, and baste it with salad oil till it is quite done. Do not leave it a moment; it requires the most vigilant attendance. Roast it at a clear brisk fire at some distance. To gain the praise of epicurean pig-eaters, the crackling must be nicely crisped and delicately and lightly browned, without being either blistered or burnt. A small three weeks old pig will be done enough in about an hour and a half. Before you take it from the fire, cut off the head, and part that and the body down the middle; chop the brains very fine with some boiled sage-leaves, and mix them with good veal gravy, or beef gravy, or what runs from the pig when you cut its head off. Send up a tureenful of beef gravy sauce besides. Currant sauce is still a favourite with some of the old school. Lay your pig back to back in the dish, with one half of the head on each side, and the ears one at each end, which you must take care to make nice and crisp. When you cut off the pettitoes, leave the skin long, round the ends of the legs. When you first lay the pig before the fire, rub it all over with fresh butter or salad oil; ten minutes after, and the skin looks dry—dredge it well with flour all over; let it remain on an hour; then rub it with a soft cloth. A pig is a very troublesome subject to roast. Most persons have them baked.

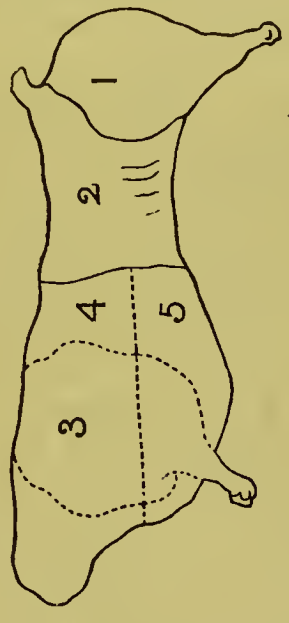
Pig's Head, Boiled.—The head is generally pickled. Soak in fresh water over-night. Boil the head, and serve peas pudding and boiled cabbage with it. The liquor will make pea soup if not too salt.

Pig's Head, Baked.— For this, the head should be fresh; remove the brains, bake the head in the oven with some sage-and-onion stuffing, serve with a little gravy. Time to bake, one hour and a half. This is a very rich dish. It is far more economical to make the head into soup. Serve plenty of boiled potatoes with baked pig's head.

Pig's Cheek, Boiled.—If the cheek has been salted, it will require to be washed in two or three waters. Put it into a saucepan, cover with cold water, bring the water to a boil, and let it simmer gently until tender. Draw off the rind, and cover the outside of the cheek with bread-raspings. Put the cheek before the fire for five or six minutes, so that the raspings may set. A bag of raspings may be bought at the baker's, a pint for 2d., or they may be made of pieces of stale bread, which have been dried slowly in a cool oven until they are brown and hard, and then crushed to powder. Time to boil the cheek, two hours and a half from the time the water boils.

Pig's Feet, Boiled.— Scald and scrape the feet of a fully-grown pig, and carefully remove the covering of the toes. Split them in halves, lengthwise, and bind them securely with tape in their original position. Put them into a stewpan, with a quart of stock or water, a bunch of parsley, a sprig of thyme, a bay-leaf, two onions, two carrots, a stick of celery, and a little salt and cayenne. Let them simmer gently until they are tender. Drain them, and draw out the large bones. Put them back into the liquid, and let them remain in it until cold. After the feet have been boiled as above directed, they may be either served hot, with peas pudding and turnip-tops, eaten cold with oil, vinegar, chopped capers and onions, broiled or fried. Time to simmer, three hours from the time the gravy reaches the boiling point. Sufficient for two persons.

Lamb.—House-lamb (by which is meant lamb born in the middle of winter, reared under shelter, and fed, in a great measure, upon milk) is considered a great delicacy. It may be obtained from Christmas to Lady Day. At Easter, grass-lamb, or lamb brought up out of doors and fed upon grass, comes into season. Like all young animals, lamb ought to be thoroughly cooked, or it is most unwholesome. The joint should not be taken from the fire until the gravy



LAMB, JOINTED.

drops from it. Lamb is usually cut into quarters, and of these the forequarter, which consists of the shoulder (3), the breast (5), and the neck (4), is considered the best. It should be cooked fresh, and its quality may be easily tested by the appearance of the vein of the neck, which should be ruddy or of a bluish colour. It is generally roasted, though in very young lamb the leg, which is frequently served by itself, and makes a useful and excellent joint, may be boiled and sent to table with white sauce. The hind-quarter, consisting of the leg (1) and loin (2), is better

for hanging two or three days. As, however, lamb will not keep well in unfavourable weather, or for any length of time, it should be examined daily, and the moisture carefully wiped from the joints. In order to ascertain whether or not it is fresh, place the finger between the loin and kidney. Any taint may be easily discovered by the smell. The fat of lamb should be firm and light, the lean a clear faintish white, and also firm. If the fat be yellow and the lean flabby and red, the lamb is of inferior quality, and will not keep. Where economy is a consideration, lamb should not be bought before it is five months old.

Lamb, Bladebone of, Broiled.—Take a cold shoulder of lamb, weighing from two to three pounds, and score the flesh to the bones in squares about an inch apart. Make a powder by mixing together a teaspoonful of salt, a teaspoonful of pepper, and half a teaspoonful of dry mustard. Rub this well into the flesh and into the places where it has been scored, then place the meat on a hot gridiron, put it four or five inches above a clear fire, and broil it first on one side and then on the other until it is hot throughout. Place it on a hot dish, brush it over with clarified butter, squeeze the juice of a lemon upon it, and serve as hot as possible. If preferred, the meat can be egged and bread-crumbed (p. 43) before being broiled. Time to broil, about a quarter of an hour. The hot mixture should be rubbed into the joint some hours before it is broiled.

Lamb, Breast of.—Very often the breast of lamb is the cheapest part. It can be cooked in various ways :—

1. Remove the bones carefully, and use them to help to make a little stock for the gravy. Make a little veal-stuffing, using the lamb-fat instead of suet. Spread the stuffing over the breast, and roll it up, tying the ends securely like a beef olive (*see* Beef Olive, p. 177) and securing the middle. Bake in the oven, allowing about twenty minutes to the pound for small joints. Remember, lamb requires more cooking than mutton. Baste as often as possible, and serve with some gravy made from the bones.

Peas, spinach, greens, vegetable marrow, and French beans are all suitable vegetables to be eaten with lamb.

2. Cut up the breast and stew the pieces very gently for about an hour. A little stock, not too strong, can be used for stewing, or water. Take out the lamb, and boil away the stock till it is reduced to less than a pint. Thicken with a little white thickening, or butter and flour, and add a little chopped parsley, or, if liked, a little chopped mint. Warm up the lamb in this sauce without letting it boil when the meat is in. Vegetables suitable, as above.

Lamb, Braised. — Bone a shoulder of lamb, fill up the opening with forcemeat, veal-forcemeat made rather mild so far as herbs are concerned will do, skewer it securely, and braise it for two hours over a slow fire. Serve on spinach or sorrel prepared in the usual way. Sufficient for four or five persons.

Lamb, Breast of, Broiled.—Trim a breast of lamb, and put it into a stewpan with as much stock as will just cover it. Add a bunch of sweet herbs and an onion stuck with one or two cloves, and let it simmer very gently until it is sufficiently tender to remove the bones, then take these out. Sprinkle a little pepper and salt over the meat, brush it over twice with egg and bread-crumbs, to which, if liked, a little chopped parsley can be added, or a teaspoonful of powdered herbs, and

broil it over a clear fire. When it is brightly browned on one side, turn it carefully to brown the other; serve on a hot dish.

Lamb Chops. — Lamb chops should be grilled over rather a fierce fire. They require more time in proportion to size than mutton. They should be highly coloured outside, and not look red inside, like mutton chops.

Lamb Chops, Fried.—Cut a loin or neck of lamb into chops from half to three-quarters of an inch in thickness. Dip each one into beaten egg, and afterwards into bread-crumbs, flavoured as follows:—Mix three ounces of finely-grated bread-crumbs with a saltspoonful of salt, half a saltspoonful of pepper, a tablespoonful of finely-chopped parsley, and a quarter of a teaspoonful of grated lemon-rind. Fry the chops in some good dripping till lightly browned on both sides. Serve on a hot dish, and garnish with slices of lemon or fried parsley. Time to fry, ten to fifteen minutes. Sufficient, half a dozen chops for two or three persons.

Lamb, Fore-Quarter of, To Roast.—This joint can scarcely be too fresh when dressed. Remove the scrag, the shank-bone, and the chine-bone; and crack the ribs halfway between the edge of the breast and the spine. Lay the meat down to a quick fire, or in a fairly fierce roasting oven, and baste plentifully from the time of its being warmed through to that when it is ready for the table. Like all young meat, lamb should be very thoroughly cooked. In carving, separate the shoulder from the ribs. This separation is sometimes effected before the joint is sent to table, but, of course, this must depend upon the wish of the carver. Serve the lamb with a cut paper ruffle on the shank-bone, and send a little gravy made from the roast under it. Mint sauce and salad generally accompany this dish, or young green peas. Time: a fore-quarter of lamb, weighing ten pounds, will require from two hours to two hours and a half. The weather and the strength of the fire often cause a difference. Sufficient for eight or nine persons.

Lamb, Hind-Quarter of.—Take a hind-quarter of lamb, saw off the knuckle-bone, and wrap the joint in oiled or buttered paper. Put the roasting-hook through the shank end, and place the joint before a clear fire, or in a fairly fierce roasting oven. Baste frequently with good dripping. Twenty minutes before it is taken down dredge a little flour over it, brown it nicely, and place it on a hot dish, two or three tablespoonfuls of good gravy with it, and the rest in a tureen. Mint sauce (p. 29) should always accompany roast lamb. A cut lemon should be sent to table with this joint, and an empty dish upon which the carver may place the leg when it is severed from the loin. Time, two hours and a half, or twenty minutes to each pound, and twenty minutes over. Young white meat must be thoroughly cooked. Sufficient for eight or ten persons.

Lamb, Leg of, Boiled. — Boil the leg of lamb in the usual way. Recollect, lamb requires rather longer time per pound than mutton. Serve mint sauce with boiled lamb, or parsley and butter sauce.

Lamb, Leg of, Roast.—Roast in the usual way before a *brisk* fire or in a *quick* oven. Make it nicely brown. Use a little weak stock to put in the dripping-pan for the gravy. Serve mint sauce with it. Remember, lamb requires more cooking than mutton. Baste as often as possible.

Lamb, Loin of, Stewed.—Take a loin of lamb, skewer down

the flap, and put it into a saucepan, nearly its own size, with half a pint of good unseasoned stock, a dessertspoonful of chopped mint-leaves, the strained juice of half a lemon, half a teaspoonful of salt, and a quarter of a teaspoonful of pepper. Cover the pan closely, and simmer gently for an hour and a half. Take out the meat, boil the sauce quickly for a few minutes, and thicken it with butter and flour, brown the meat before the fire or on the gridiron, or with a red-hot shovel, pour the sauce over it, and serve as hot as possible.

Lamb, Saddle of.—A saddle of lamb is an elegant and excellent joint for a small party. Cover it with buttered paper, and lay it down to a clear fire or in a quick oven. Baste well, and when nearly cooked enough, remove the paper, dredge a little flour over it, and baste it again until it is nicely browned. Mint sauce should be sent to table with it, and green peas, spinach, cauliflowers, or new potatoes are very suitable as accompaniments. Time to roast, about two hours or more, according to the size of the joint. Sufficient for eight or nine persons.

Lamb, Shoulder of, Roast.—The shoulder is always best roasted and the neck boiled. Roast or bake in the ordinary way. The fire must be fierce.

Lamb's Fry. (*See* p. 174.)

Lamb's Head and Mince.—Scald, scrape, and wash the head thoroughly, and put both it and the fry into a stewpan, with a large onion stuck with three cloves, a teacupful of parsley, a sprig of thyme, a carrot, a turnip, a bay-leaf, half a dozen peppercorns, a tablespoonful of salt, and two quarts of cold water. Let them boil up quickly, remove the scum as it rises, and simmer gently for an hour. Divide the head, take out the tongue and brains, and fold the two halves in a cloth to dry. Mince the heart, liver, half of the lights, the brains, and the tongue (first taking off the skin), very finely. Season with a teaspoonful of salt, half a teaspoonful of pepper, and three or four grates of a nutmeg; put the meat into a saucepan with three-quarters of a pint of the strained gravy thickened with three ounces of butter rolled in flour, and add a tablespoonful of mushroom ketchup. Cover the saucepan closely and simmer gently for half an hour; stir every now and then, to prevent the contents sticking. Brush the head over with beaten egg, sprinkle finely-grated bread-crumbs over it, and bake in a moderate oven, or place it before the fire, and let it remain until lightly browned, basting liberally with good dripping. Place the head in the middle of a hot dish, put the mince round, and garnish with parsley. As a variation, the brains may be made into cakes, instead of being mixed with the mince, and the liver fried with a few slices of bacon. The two may then be placed alternately round the dish. The juice of a lemon should be squeezed over the head at the last moment. Time, two hours. Sufficient for half a dozen persons.

Lamb's Head.—The head is best parboiled, and then baked. After boiling for an hour cut open the head, and take out the brains and tongue. The head can be sprinkled over with bread-crumbs, and is best first brushed over with a well beaten-up egg. Serve the tongue and brains separately, mixing the latter with some chopped parsley and mint, and a small pinch of mixed herbs, and a little lemon-juice, pepper and salt. See that the tongue is sufficiently boiled. Place the tongue in the middle, and put the brains round it

CHAPTER X.

POULTRY, RABBITS, AND SMALL BIRDS.

Capon, The.—Capons, to be tender, ought to be killed a day or two before they are dressed; and in cold weather, more than that time may be allowed to intervene between killing and cooking. When the feathers can be easily pulled out, the bird is ready for the spit. They should be managed precisely in the same way as turkeys, and the same sauces may be sent to table with them. They may be had all the year, but are cheapest about October and November, and largest at Christmas.

Capon, Boiled.—Draw and truss a fine capon, rub the breast with a slice of lemon, and tie a sheet of oiled or buttered paper over it. Lay it in a saucepan, with sufficient water or stock to cover it, and put with it an onion, a carrot, a bunch of sweet herbs, and a little salt. Stew it gently, and when done, take it up, and lay round the dish on which it is served four or five small cauliflowers. Pour a little Béchamel over it. Time to boil, one hour. Sufficient for four or five persons. A few red crayfish make an excellent ornament placed alternately with the white cauliflower.

Capon, Roast.—Truss a capon firmly for roasting. Fasten some oiled paper over the breast, and roast it before a good fire or quick oven. When sufficiently cooked, take it down; place it on a hot dish with watercresses round it. Send some good gravy to table with it. Time to roast, one hour and a quarter. Sufficient for four or five persons.

Capon, Roasted, with Truffles.—Clean, wash, and peel some truffles, and cut them in slices about a quarter of an inch thick; fry them in butter, and season with pepper, salt, and nutmeg. Put them inside the capon, fix some buttered paper over it, and roast it before a clear fire. This dish is frequently served without any sauce, but, if liked, a little may be sent to table with it, made of good melted butter, flavoured with a quarter of a pound of truffles, chips saved from the peeling, and pounded in a mortar, with half an ounce of butter, and pressed through a sieve. Time to roast, one hour and a quarter or more. Sufficient for four or five persons.

Capon, Stuffed with Chestnuts.—Pare a dozen large, sound chestnuts and blanch them like almonds. Stew them very gently for half an hour. Drain and pound them; then mix with them the liver of the capon boiled and finely minced, two tablespoonfuls of fine bread-crumbs, a piece of fresh butter the size of a small egg, half a teaspoonful of grated lemon-rind, a teaspoonful of chopped parsley, a saltspoonful of salt and the same of pepper, and a little nutmeg. Bind the forcemeat together with the yolks of two eggs. Fill the capon with this mixture, cover it with oiled paper, and roast it before a good fire. When it is sufficiently cooked, brush it over with beaten egg, dredge fine bread-crumbs over it, and brown it. Serve with half a pint of good melted butter, to which have been added three chopped gherkins. Time to roast, one hour. Sufficient for four or five persons.

Chicken, The.—Those chickens are the best which have small bones, short legs, and clean, white-looking flesh. Chickens with white legs should be boiled, those with black

legs roasted. The flesh of chickens is generally considered more digestible than any other animal food. These birds are cheapest in November. Spring chickens are to be obtained in April. It is better to kill them one or two days before they are dressed. Chickens are always better for being singed, as it gives firmness to the flesh.

Chicken, Boiled. — Wash a chicken carefully in lukewarm water, and truss it firmly; put it into hot water, remove the scum as it rises, let it boil, then draw it to the side and let it simmer gently until ready, and remember that the more slowly it boils the tenderer and whiter it will be. Before putting it in the pan, place a few slices of lemon on the breast, and wrap the chicken first in buttered paper, then in a floured cloth. Before serving it a little sauce may be poured over it, and the rest sent to table in a tureen. Bacon, pickled pork, ham, or tongue is generally served with boiled chicken; and parsley and butter, Béchamel, white sauce, celery, oyster, or mushroom sauce may accompany it. Time to boil, twenty to twenty-five minutes. Sufficient, one small chicken for two persons.

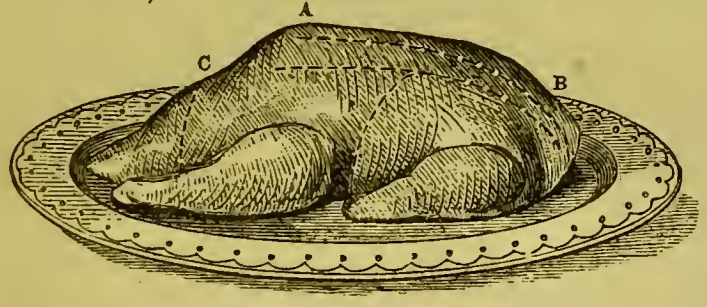
Chicken, Broiled (with Mushroom Sauce).—Pick and wash a chicken carefully, and dry it in a cloth; cut it down the back, truss the legs and wings as if for boiling, and flatten both sides as much as possible. It is always better to boil it gently for a few minutes before it is broiled, but this is often omitted. When cold, brush it all over with clarified butter, and remember to baste it now and then whilst cooking it; broil it over a clear, good fire. It should be placed a good distance from the fire, and the inside should be put to it first. The butter should be renewed three or four times. Serve very hot, and let mushroom sauce be sent to table in a tureen. Time, half to three-quarters of an hour. Sufficient for two persons. A small and young chicken should be chosen for this method of cooking.

Chicken, Roast. — Young spring chickens should be very carefully prepared for roasting, as the flesh is so tender that it will easily tear. They require no stuffing. A little butter placed inside is an improvement. They should be firmly trussed like a fowl, slightly floured, put down to a clear fire or brisk oven, and basted constantly until ready. Bread sauce, mushroom, egg, or chestnut sauce may be served up with roast chicken. If the fire is too fierce a piece of oiled paper may be fastened over the breast of the bird whilst it is down. Time to roast, half an hour. Sufficient for two or three persons.

Duck, Roast.—This universal favourite requires no praise. Without entering into the question of the best duck, we say at once, take a young farmyard duck fattened at liberty, but cleansed by being shut up two or three days and fed on barley-meal and water. Two small young ducks make a better dish than a large, handsome, hard-fleshed drake, which, as a rule, is most fit for a stew. If the poulterer does not prepare the duck, it must be plucked, singed, and emptied; the feet scalded, skinned, and twisted round on the back of the bird; head, neck, and pinions cut off, the latter at the first joint, and all skewered firmly to give the breast a nice plump appearance. For the stuffing, take half a pound of onions, a teaspoonful of powdered sage, three tablespoonfuls of bread-crumbs, the liver of the duck parboiled and minced, with pepper, salt, and cayenne. (*See* SAGE-AND-ONION STUFFING, p. 168.) Cut the onions *very* fine after parboiling them, and add the bread-crumbs,

mineed liver, sago, pepper and salt to taste; mix, and put it inside the duck. This quantity is for one duck; more onion and sage may be added, but we recommend the above as a delicate eompound not likely to disagree with the stomach. Let the duck be hung a day or two, according to the weather, to make the flesh tender. Roast before a brisk, clear fire, baste often, and dredge with flour to make the bird look frothy. Serve with a good brown gravy (*see* p. 27) served separate, in a tureen—a very little may be poured over the bird—and apple sauce (*see* p. 23) in another tureen. Time, ducks, three-quarters of an hour to an hour; ducklings, twenty-five to thirty-five minutes. Sufficient, two ducks for seven or eight persons.

Duck, Roast, To Carve.—A young duckling should be earved in the same way as a fowl, the leg and wing being taken off, first of all, on either side. (*See* Fowl, Roast, To Carve.) A full-sized bird should



ROAST DUCK, TO CARVE.

be earved like a goose. First eut slices from the breast, in the direction indieated in the figure by the dotted lines from A to B. The first slices are to be cut close to the wing; then proceed upwards towards the breast-bone. The legs and wings may afterwards be attacked. An opening is to be made, shown by the dotted line c, to get at the stuffing.

Duck, Stewed, with Green Peas.—Cut off the rind from half a pound of rather lean baeon. Divide it into pieees of about two inches eaeh way, and fry to a light brown with butter. Dredge in a little flour, and after stirring about threo minutes add a pint of stoek, an onion stuck with two cloves, a bunch of sweet herbs, salt and pepper. The duck should be previously fried or roasted for ten minutes, to make it a good colour, then put it into the stewpan with the gravy, and stew it slowly for an hour and a quarter, or until tender. Meanwhile stew a quart of peas with butter. Plaee the ducks and peas on a hot dish, pour over them the gravy strained and thickened, and serve hot.

Duck, Wild. (*See* Game, p. 138.)

Ducklings, Roasted.—Make a stuffing thus:—Boil four middle-sized onions ten or twelve minutes, and chop them very fine; add a tablespoonful of bread-erumbs, equal quantities of powdered sage, pepper, and flour of mustard—half a saltspoonful of eaeh—and an ounce or more of dissolved butter, with salt to taste. Or if preferred the following stuffing may be used:—Two ounces of bread-erumbs, the same of butter, a little chopped parsley, two leaves of sage powdered, a small bit of lemon-peel ehopped very fine or grated, three shallots, with pepper and salt. Roast the ducklings at a quick fire, give them steady basting for about half an hour, then serve with the gravy that dripped from them, and a good squeeze of lemon-juiee; add stock if required, with a teaspoonful of soy, a little cayenne, or any sauce preferred, and when thickened send to table in a tureen.

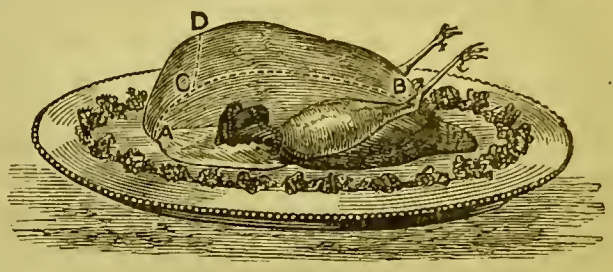
Fowl, Boiled.—Truss the fowl for boiling. Boil in the ordinary manner. Serve either white sauee, parsley and butter, Béehamel sauee,

or sometimes oyster sauce. Time, large fowl, one hour and a quarter; small spring chicken, half an hour; intermediate sizes, in proportion. Boiled bacon, tongue, or ham should be served with boiled fowl.

Fowl, Broiled.—This is a hasty and very excellent dish, suitable for the supper-table: to be had in perfection at Windsor, Cookham, &c. Take off the head of a young fowl, and when the bird is dead, draw it and plunge it into boiling water. Remove the skin and feathers together. Split it up the back, and lay the inside downwards on a gridiron over a clear fire. Baste frequently, and pepper lightly on all sides. When sufficiently done, put it on a hot dish, sprinkle salt, and rub with butter. Serve with mushroom, tomato, or liver and lemon sauce. The fowl should be turned over when half cooked. Time to broil, about thirty-five minutes. The fowl to be tender should be cooked before it gets cold, when grilled immediately after killing.

Fowl, Roast.—Truss it for roasting. Roast in the ordinary manner. Serve good brown gravy (p. 27), and bread sauce (*see* Bread Sauce, p. 25), with it; also sausages, boiled ham, tongue, bacon, or pickled pork. Time to roast, large fowl, one hour and a quarter; small one, three-quarters of an hour; intermediate sizes, in proportion.

Fowl, Roast, To Carve.—Insert the knife between the leg and the body, and cut to the bone; then turn the leg back with the fork, and, if the bird is not old, the joint will give way. The wing is next to be cut off, and this is done in the direction of A to B, only dividing the joint with the knife. The four quarters having been removed in this way, take off the merrythought and the neck-bones; these last are to be removed by putting the knife in at C and pressing it, when they will break off from the part that sticks to the breast. Next, separate the



ROAST FOWL, TO CARVE.

breast from the body of the fowl, by cutting through the tender ribs close to the breast, quite down to the tail. Turn the fowl now back upwards; put the knife into the bone midway between the neck and the rump, and on raising the lower end it will separate readily. Turn the rump from you, and take off very neatly the two side bones—which completes the operation. The breast and wings are considered the best parts of a roast fowl, but in young birds the legs are the most juicy. In the case of a capon or large fowl, slices may be cut off the breast, just as is done when carving a pheasant. A boiled fowl is carved much in the same way as a roast fowl.

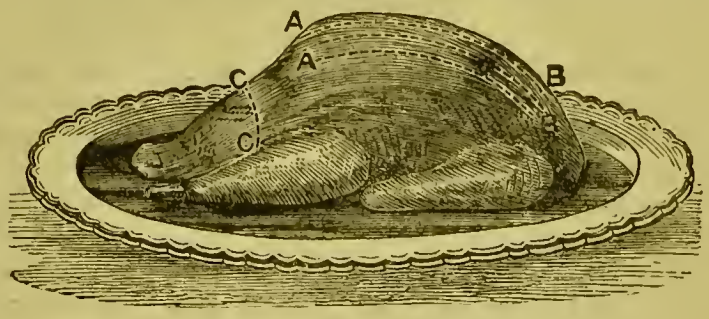
Fowl, To Truss (Boiled).—Pluck, draw, and singe the fowl, and then wipe it. Cut off the neck even with the back, but leave enough skin to roll back neatly. Take off the feet, and insert the legs in a slit of the skin, made in the sides. Pass a skewer through the leg and the bottom of the wing (the other part of the wing should be twisted over the back) through the body; do the same on both sides. Roll and skewer the skin of the neck, and put the rump through a slit made in the apron. Secure with string across the tops of the legs, and make all firm before boiling; then rub the

fowl with a slice of lemon. White-legged fowls are best in point of colour for boiling.

Fowl, To Truss (Roast).—Pluck, draw, and singe, but do not wash the fowl. Wipe it with a couple of clean cloths, and use white paper for singeing it. Cut off the head and neck, and fold the skin over the back. Scald and scrape the legs, cutting off the claws, and fasten the pinions and legs with a skewer long enough to secure the other pinion and leg. Put the liver in one wing, and the gizzard in the other, and skewer the fowl firmly before it is put to the spit. A trussing-needle threaded with twine should be used for this purpose; bring it through the backbone, and secure the string on the other side.

Goose, Roast.—A roast goose is generally filled with Sage-and-Onion Stuffing (*see* p. 168). The way in which this is made must depend upon the taste of those who have to eat it. If a strong flavour of onion is liked, the onions should be chopped raw. If this is not the case, they should be boiled in one, two, or three waters, and mixed with a smaller or larger proportion of bread-crumbs. It should be remembered, when bread-crumbs are used, room should be allowed for swelling. Truss the goose firmly, tie the openings securely, put it down to a clear, brisk fire, and baste it plentifully until done enough. A goose is both unwholesome and unpalatable if insufficiently cooked. Take it up, remove the skewers and fastenings, pour a little gravy round it, and send some good gravy (*see* p. 27), and apple sauce (p. 23) to table with it. Time, from an hour to an hour and a half for a middling-sized goose.

Goose, Roast, To Carve.—Begin by turning the neck end of the



ROAST GOOSE, TO CARVE.

goose towards you, and cutting the whole breast in long slices, from one wing to another (*see* the lines A, B). To take off the leg, insert the fork in the small end of the bone, pressing it to the body, put the knife in at A, turn the leg back, and, if the bird be young, it will easily come away; if old, we will not answer for it. To take off the wing, insert the fork in the small end of the pinion, and press it close to the body; put the knife in at B, and divide the joint. When the leg and wing are off one side, attack those on the other; but, except when the company is very large, it is seldom necessary to cut up the whole goose. The back and lower side bones, as well as the two side bones by the wing, may be cut off; but the best pieces of a goose are the breast, and the thighs after being separated from the drumstick. Serve a little of the seasoning from the inside, by making a circular slice in the apron at C.

Goose, Green, To Dress. Truss a green goose in the same way as a full-grown one. It must not be stuffed, but the inside must be seasoned with pepper and salt, and two or three ounces of fresh butter put in to moisten it. Set the bird down to a clear, brisk fire, and when it is sufficiently cooked, serve with water-cresses round it, and send up brown gravy, and either sorrel, goose-

berry, or tomato sauce, to table with it. Time, about three-quarters of an hour to roast. Sufficient for six or eight persons.

Goose, How to Choose a.—Choose a young goose. This is more easily said than done, as geese are frequently offered for sale when they are much too old to be eaten. The breast should be plump, the skin white, and the feet pliable and yellow. If the last are red or stiff, the bird is either old or stale. Though Michaelmas is *the* time for geese, they are in perfection about June; after Christmas the flesh is tough. A goose ought not to be eaten after it is a year old. It is said that Queen Elizabeth was the originator of the Michaelmas goose. She had one on the table before her when the news arrived of the defeat of the Spanish Armada, and she commanded the same dish to be served every succeeding Michaelmas. Green or young geese come into season in March.

Pigeons.—Tame pigeons should be cooked as soon as possible after they are killed, as they very quickly lose their flavour. Wood-pigeons and rock-pigeons, on the contrary, should be allowed to hang a few days before they are dressed. Although these birds may be said to be in season all the year round, they are at their best from Midsummer to Michaelmas. In choosing them, it should be remembered that dark-coloured birds are thought to possess the highest flavour, and light-coloured birds to be the most delicate. Young birds are, of course, always to be preferred to old ones. When the legs are large and deeply coloured, the pigeon is old, and will very likely be tough. House-pigeons are the best, and wood-pigeons the largest. Rock-pigeons are inferior in quality to both the others. Old pigeons are best stewed.

Pigeons, Fried.—Pluck, singe, and draw two young pigeons, and truss them as if for boiling. Spread a little clarified butter over them, and dredge them well with flour. Lay two or three rashers of bacon in a stew-pan, place the pigeons upon these, season with salt and pepper, and turn them about until they are nicely browned all over. Take them up, drain them well, dip them into some frying-batter, and let them be entirely covered with it. Fry in hot fat until they are brightly browned, and serve on a hot dish. Garnish the dish with fried parsley, and send gravy to table in a tureen.

Pigeon, Grilled. — Split the pigeon open in half, cutting it clean through the breast and back. Grill over a clear fire, occasionally moistening the halves with a little butter. Pepper and salt the bird while cooking. If wanted devilled, sprinkle it plentifully, while cooking, with a mixture composed of equal parts of cayenne, black pepper, and salt. Time to grill, from five to ten minutes.

Pigeons, Piquant. — Slice a large onion and put it into a shallow dish with two bay-leaves, half a teaspoonful of peppercorns, and a wineglassful of vinegar. Lay two pigeons in this marinade or pickle, and turn and baste them twice a day for two days. If the birds are old they must remain in the marinade a day or two longer. Take them up, wipe them dry, and lard the breasts evenly, then put them into a saucepan with an ounce of butter, and turn them about over a moderate fire until they are brightly and equally browned. Lift them out, stir a spoonful of flour in with the butter, and mix it briskly with a wooden spoon until it begins to colour, then add four ounces of fat bacon cut into small pieces, the liver of the birds, a cupful of stock or water, the strained juice of half a lemon with an inch or two of the rind, and a little pepper, salt, and grated nutmeg. Let this sauce boil,

then put in the pigeons, cover them closely, and let them stew for half an hour. Serve the birds on a hot dish, with the sauce poured round them. Time to stew, about an hour. Sufficient for two persons.

Pigeons, Roast.—Pluck, singe, and draw a couple of young pigeons, and truss them firmly. Mince the livers, and mix with them two ounces of finely-grated bread-crumbs, two ounces of fresh butter, or, if preferred, finely-shred beef suet, a shallot finely minced, a teaspoonful of shred parsley, and a little salt, pepper, and grated nutmeg. Fill the birds with this forcemeat, fasten a slice of fat bacon over the breast of each, and roast before a clear fire. Make a sauce by mixing a little water, or, better still, stock, with the gravy which drops from the birds, and boiling it with a little thickening; season it with pepper, salt, and chopped parsley. Pigeons are sometimes served on a toast, and brown gravy and bread sauce sent to table with them. Time to roast, twenty to twenty-five minutes. Sufficient for two persons.

Pigeons, Stewed.—Cut each pigeon into four pieces and brown them in a frying-pan. Stew the pieces gently in a little stock, with some small button onions also browned in a frying-pan. Thicken the stock with a little brown thickening, removing the pieces of pigeon first, and warming them up in the gravy afterwards. Seasoning, pepper and salt. A mushroom stewed with them is a great improvement. A spoonful of sherry may be added. Be careful to remove the grease.

Pigeons, Stuffed and Roasted.—Pluck, draw, and singe two plump young pigeons, and fill them with a forcemeat made as follows:—Mince the livers finely, and mix with them the same quantity of finely-sliced suet and grated bread-crumbs. Add a little pepper, salt, and grated nutmeg, a heaped tablespoonful of chopped parsley, and a pinch of powdered thyme, and moisten the whole with beaten yolk of egg. Truss the birds firmly, tie thin slices of bacon over the breasts, and put them down to a clear fire. To make the gravy, mix the droppings from the birds with half a cupful of boiling stock or water, add a tablespoonful of sherry, and a little of the forcemeat, season with salt, cayenne, and grated nutmeg, and thicken the whole with the yolk of egg well beaten. Serve the birds on a hot dish, with the sauce poured round them, and a little bread sauce in a tureen. Time to roast the pigeons, from twenty to thirty minutes. Sufficient for two persons.

Pigeons, Trussed.—Pigeons need to be very carefully plucked and cleaned, and they should, if possible, be drawn as soon as they are killed. They are very good roasted with a slice of bacon over the breast, and a vine-leaf under the bacon. To truss for roasting:—Cut off the head and neck, cut off the toes at the first joint, and wash the birds well. Dry them carefully, truss the wings over the back, and pass a skewer through the wings and body. The gizzard may be cleaned and put under one of the wings. To truss for boiling:—Cut off the legs at the first joint, put the legs into the body, and skewer the pinions back.

Rabbit.—There are two sorts—the tame and the wild. Tame rabbits are the larger of the two, with the flesh white and delicate. Of these the Ostend rabbits are most highly valued. Wild rabbits are considered to possess the finest flavour. Rabbits are highly esteemed for food, and are valuable because they can be served in so many ways. As the meat is rather dry, bacon is generally served with them. When used for the table, they should

be young, and should not have been kept more than a day or two. They have been more appreciated of late years than they used to be, probably because in their wild state they are less plentiful than formerly, in consequence of the advance of agriculture, and the employment of light lands for more profitable purposes than rabbit-warrens. M. Ude gives some additional particulars on this head:—"It is to be observed," he says, "that warren rabbits only ought to be sent up to a good table, tame rabbits in general having no flavour but that of cabbage; and you must be particular in using for table only young rabbits. Whether they are so may be ascertained by breaking the jaw between the thumb and finger; if they are old, they resist the pressure. Also by feeling in the joint of the paw for a little nut; if it is gone, the rabbit is old, and not fit for fine cookery. In such cases use them to make rabbit puddings or pies."

Rabbit, Baked.—Skin, draw, and wash thoroughly a young rabbit, and if convenient let it lie in milk and water for an hour or two. Drain it, and cut it up into small neat joints convenient for serving. Pepper these lightly, place them in a single layer in a baking-tin, and cover each piece with a rasher of bacon. Put the tin into a moderately-heated oven, and bake the rabbit till it is done enough. Arrange the rabbit and bacon alternately in a circle on a hot dish, and pour the gravy in the tin over them, after skimming off the grease and thickening the gravy with a little brown roux. This is a capital way of cooking rabbit; the bacon prevents the meat getting dried up as is too often the case. Serve very hot, with mashed potatoes as an accompaniment. Time to bake, from three-quarters of an hour to one hour. Sufficient, one rabbit for two or three persons.

Rabbit, Boiled.—This is the usual and one of the most acceptable ways of dressing rabbits. Choose moderately young rabbits, skin, draw and wash them. Truss them with the heads skewered to the sides, drop them into boiling water, and let them simmer gently until done enough. Drain them, and serve either with onion, liver, white, or mushroom sauce, or parsley and butter. The first of these is generally preferred. Send boiled bacon or boiled pickled pork to table with the boiled rabbits, or garnish the dish with rashers of broiled bacon. The flesh of a boiled rabbit will be rendered more juicy and tender if it is soaked in milk and water for a couple of hours before being boiled. Its flavour, too, will be improved if an onion, a carrot, a bunch of sweet herbs, a little grated nutmeg, half a dozen peppercorns, and a little salt are put into the water with it. Time to simmer the rabbits, thirty to forty-five minutes, according to age and size. A very young rabbit will be done enough in twenty-five minutes. Sufficient, two rabbits for five or six persons.

Rabbit, Boiled, To Carve.—First separate the legs and shoulders; then cut the back across into two parts. This may readily be accomplished by inserting the knife in the joint, and raising up the back with the fork. As in the case of the hare, the back of the rabbit is best worth eating. Some liver or onion sauce should always be served with boiled rabbit.

Rabbit, Curried. (*See* p. 202.)

Rabbit, Larded.—Skin, empty, and wash a fat young rabbit, cut off its head, and divide the body into four equal parts. Lard (*see* p. 44) the fleshy part of each portion with strips of fat bacon, fry the quarters in hot fat till they are lightly browned, and lay them aside. Put

about a pint and a half of nicely-flavoured and seasoned stock into a saucepan, thicken with a dessertspoonful of brown thickening, and let it simmer gently until it is smooth and of the consistency of cream. Stir into it a glassful of sherry or Madeira, add the rabbit, and let it remain until it is thoroughly hot without boiling. Put the meat on a hot dish, pour the gravy over it, and garnish with cut lemon and parsley. Time, half an hour, exclusive of the time required for making the stock. Sufficient for three or four persons.

Rabbit, Piquant.—Skin, draw, and thoroughly cleanse a fresh young rabbit. Cut it open down all its length, lay it flat upon a table, and skewer it well to keep it in shape. Sprinkle a little pepper and salt over it, and lay it in an oval pan just large enough to hold it, with five or six ounces of bacon fat, dripping, or butter. Fry it till it is three-parts dressed. Take it up, drain it, and let it cool, brush over with oiled butter, and egg and bread-crumb it twice. A little time before it is wanted, put it into a brisk oven, and bake until it is lightly browned. Serve on a hot dish, and send to table with a little picealilli, or any other suitable pickle, and some good Tartar sauce in a tureen (*see* TARTAR SAUCE, p. 34). Sauce piquante (p. 31) can also be served with it.

Rabbit, Stewed.—Cut a plump young rabbit into pieces the size of an egg. Divide half a pound of streaky bacon into square pieces, and fry these with an ounce of butter till they turn yellow. Take them up, and put in their place the pieces of rabbit and two onions sliced, and fry these till they are lightly browned. Take them up, mix an ounce of butter with the fat, and rub it over the fire with the back of a wooden spoon for two minutes. Moisten the paste gradually with three-quarters of a pint of stock or water, and add a bunch of savoury herbs, a little pepper and salt, the rabbit, the bacon, and the onions, and simmer all gently together in a closely-covered saucepan for an hour. Take out the herbs, pile the pieces of rabbit on a dish, pour the sauce over them, and serve very hot. If liked, a glassful of white wine may be added to the sauce. It will be much improved, also, if a dozen mushrooms are boiled in the sauce for the last six or seven minutes. Failing these, a tablespoonful of mushroom ketchup may be stirred into it. Time, from an hour and a half to two hours. Sufficient for four or five persons.

Rabbit, Stewed Whole.—Skin, empty, and wash a rabbit, and soak it in lukewarm water for half an hour. Drain and dry it, and fill it with a forcemeat prepared as follows:—Boil the liver for a quarter of an hour. Mince it finely, and mix with it three ounces of finely-shred beef suet, two ounces of grated bread-crumbs, a teaspoonful of chopped parsley, half a teaspoonful of mixed sweet herbs, a little pepper and salt, and a little milk. Sew the rabbit up securely, truss firmly for roasting, and lay three or four slices of fat bacon upon it, or, better still, lard the back. Bake in a brisk oven for twenty minutes. Cut two ounces of bacon into dice, and fry these in an ounce of butter, with a carrot and two onions, till they are lightly browned. Dredge a tablespoonful of flour over them, and add a pint of stock or water, a dessertspoonful of vinegar, half a teaspoonful of mixed mustard, and a little pepper and salt. Put the rabbit and bacon into this sauce, and let them simmer gently until quite tender. Lay the rabbit on a dish, and keep it hot. Rub the vegetables through a sieve, mix the pulp again with the gravy, add a teaspoonful of extract of meat, let it boil up, strain

off the grease, pour it over the rabbit, and serve very hot. Time to stew the rabbit, an hour and a half. Sufficient for four or five persons.

Rabbits, Choosing of.—When purchasing a rabbit, see that the animal is fresh and young. If fresh, the body will be stiff, the flesh white and dry in appearance, and of a sweet smell. If stale, the flesh will be slimy and blue, with a tainted odour. If young, the claws and the coat will be smooth, the nose sharp-pointed, the ears tender and easily torn; if old, the wool will be mixed with grey hairs, and the claws long and rough. Rabbits ought not to be kept more than a day or two after they are killed. In order to distinguish wild rabbits from tame ones, examine the paws and the tail. Wild rabbits have hair on their paws, and the under part of the tail is of a reddish colour.

Rabbits, Skinning of.—Cut the skin round the first joint of the hind-legs. Pull up the skin a little, and pass a knife along the skin inside the thigh as far as the tail. Afterwards pass the hand under the skin, and it will easily separate from the body. Draw it off towards the head. Cut the first joint off the fore-legs, and pull up the skin. Draw up the ears by passing a skewer between the skin and the head, and take off the skin. Cut the nose and lip, and draw the skin right off. Cut a slit just under the body, take out the inside, leaving the kidneys. Save the liver and heart, and take out the eyes. Wash the rabbit well inside and out, drain, and wipe it dry.

Rabbits, Trussing of.—To truss a rabbit for boiling:—Draw the fore-legs backwards, and the hind-legs forwards, bring the head round to the side, and fasten it there with a skewer run through it and the body. To truss a rabbit for roasting:—Skewer the head firmly between the shoulders. Draw the legs close to the body, and pass a skewer through them.

Turkey.—The turkey is highly esteemed, and usually commands a high price, especially at Christmas, when most extravagant prices are often demanded and obtained for large, well-fed birds. Turkeys are in season from September to March, and are at their best in December and January. If the weather is suitable, they should be hung fully a week before being dressed. In very cold weather, care must be taken that they are not frozen in hanging, and if this is the case, they should be brought into a warm place for some hours before being cooked, or they will be spoilt. The hen bird is considered the best. Brillat-Savarin says:—"The turkey is the largest, and if not the most delicate, at least the most savoury of domestic poultry. It enjoys the singular advantage of assembling round it every class of society. When our farmers and wine-growers regale themselves on a winter's evening, what do we see roasting before the kitchen fire, close to which the white-clothed table is set? A turkey. When the useful tradesman, or the hard-worked artist, invites a few friends to an occasional treat, what dish is he expected to set before them? A nice roast turkey stuffed with sausage-meat and Lyons chestnuts. And in our highest gastronomical society, when politics are obliged to give way to dissertations on matters of taste, what is desired, what is awaited, what is looked out for at the second course? A truffled turkey. In my 'Secret Memoirs,' I find sundry notes recording that on many occasions its restorative juice has illumined diplomatic faces of the highest eminence."

Turkey, Boiled.—There is an old proverb which says that "turkey

boiled is turkey spoiled," but in this couplet there is more rhyme than reason, as a boiled turkey forms a dainty dish most acceptable to persons with delicate stomachs, who fear the richness of the roasted bird, and it also presents an agreeable change to those who during the Christmas festivities are tired of having roasted turkey constantly set before them. A boiled turkey is prepared as follows:—Take a plump hen turkey which has hung for five or six days (weather permitting), pluck, singe, and draw it, fill it with veal-forcemeat (*see* VEAL-STUFFING, p. 167), truss it for boiling, and remember to draw the legs into the body, and bind it securely with tape. Rub it over thoroughly, especially the breast, with slices of cut lemon. The lemon must be hard and acid. Put it into an oval pan with hot water, or still better, stock, just sufficient to cover it, and put with it a teaspoonful of salt, a carrot, an onion stuck with four cloves, a dozen peppercorns, a few sticks of celery, and a bunch of parsley. Bring it slowly to the boil, skim the liquor carefully, and let it simmer very gently until the turkey is tender. Take it up, drain it for a moment, serve on a hot dish, pour some good rich white sauce (*see* WHITE SAUCE, p. 35) over it, and send either parsley and butter, celery sauce, oyster sauce, Dutch sauce, or even good melted butter flavoured with horse-radish, to table with it. A small ham, boiled, a red tongue, or a good cheek of bacon, are all suitable accompaniments to boiled turkey, and the dish containing it may be garnished with bacon and sliced tongue, or with sliced lemon and parsley.

Do not put the turkey in a floured cloth—this is a great mistake—but skim the stock carefully. Recollect, it must not boil, but *simmer* only.

Time, for a turkey weighing fifteen pounds, two and a half hours to simmer, after the water has come to the boil. (*See* OYSTER SAUCE, PARSLEY AND BUTTER SAUCE, DUTCH SAUCE, CELERY SAUCE.)

Turkey, Cold, To Re-dress.—A cold turkey can be turned to account in a variety of ways, and, indeed, a very good dinner can be given from dishes made from the remains of a cold roast turkey alone.

First cut all the meat from the bones, and begin dinner with some white soup made from the bones. (*See* WHITE SOUP, p. 21).) Some patties can be made from some of the white flesh of the turkey (*see* PATTIES, p. 152; also FOWL, MINCED, p. 141), and some nice thin slices of white meat from the breast can be made into a mayonnaise salad. (*See* SALAD, MAYONNAISE, p. 201.) The scraping of the bones will make an excellent dish of mince, on which some poached eggs can be placed. (*See* MINCED FOWL, p. 141.) Another entrée can be made by preparing some turkey rissoles. (*See* RISSOLES, p. 169.) Some of the turkey can be minced, and mixed with liver forcemeat, and some fat of the turkey can be picked out and mixed with it too; add a very little port wine dregs to this mixture. Make hot in some paper cases like cups, and warm in the oven. They will taste like game pie. The two drumsticks can be devilled (*see* below), and would make a good finish to a capital dinner.

Turkey Drumsticks, Devilled.—Score the drumsticks down parallel with the bone, and insert in the slices thus made, with a knife, a mixture of one ounce of butter, a brimming teaspoonful of French mustard, a saltspoonful of cayenne (or less), and a saltspoonful of black pepper. Mix all this thoroughly together, and spread the mixture in the slices cut in the meat; then rub the two drumsticks with butter, and grill them over a fierce fire.

Turkey, Roast.—Truss the turkey for roasting. Stuff it with some good veal-forcemeat. (*See* VEAL-STUFFING, p. 167.) Cover the turkey with very thin slices of fat bacon, and cover these with some buttered or oiled paper, tying them on with thread. The breast of the turkey should be completely surrounded. Roast it before a good fierce fire, or in a fairly fierce oven. About half an hour before you serve, take off the paper and bacon, but do not be anxious about browning the breast before the fire: you will too often dry the flesh and spoil it, in order to make it "look nice." Have ready a little thick rich glaze. Paint the breast with this, and colour the bird wherever it wants it. Serve some pork sausages, which can be cooked in the pan with it; and boiled ham or bacon, hot. Send some good, hot, rich brown gravy to table with it in a tureen, and another of bread sauce. (*See* BREAD SAUCE, p. 25.) Of course the breast should be slightly browned by being basted with butter and held near the fire. But don't overdo this: trust to the glaze. (*See* p. 180.)

Time to roast a turkey weighing fifteen pounds, three hours and a half; to bake, rather under three hours. One weighing ten pounds, to roast, two hours and a half; to bake, about two hours. A small turkey, six pounds, about one hour and a quarter. Remember, you must allow less time if you don't surround the turkey with bacon fat.

The chief fault with roast turkey is that it is so often spoilt by being over-cooked, and all the outside meat hardened.

Turkey Stuffed with Mushroom Forcemeat.—Take six or eight small mushrooms, peel them, put them into a saucepan with a slice of fresh butter, and let them simmer gently for seven or eight minutes. Drain the liquor from them, and let them cool; then mince them, and mix them with a quarter of a pound of finely-grated bread-crumbs. Add a slight seasoning of salt, cayenne, grated nutmeg, and grated lemon-rind, but be careful that the mushroom flavour is not overpowered. Work an ounce of fresh butter into the forcemeat, bind it together with the yolk of an egg, and add as much butter in which the mushrooms were stewed as it will take without being made too moist. Pound the mixture thoroughly, and it will be ready for use. Fill the turkey with it, boil or roast it, and send mushroom sauce to table with it. Double this quantity of forcemeat will be required for a *large* turkey. Time, one hour to prepare the forcemeat.

Turkey Stuffed with Sausages.—Proceed exactly as in the recipe for turkey stuffed with mushroom forcemeat, only substitute sausage-meat (p. 168) for the mushroom forcemeat.

Turkey, Truffled.—There is no dish more highly esteemed than a truffled turkey. The easiest, and perhaps in the end the most satisfactory way of getting one is to procure it from France, through a first-class poulterer, ready fattened, stuffed with truffles, and ready for the spit. It will be all the better for the winter's journey, as birds so stuffed are always kept for several days after to allow the perfume of the truffles to penetrate the flesh. The cost of a turkey thus prepared will vary from one to five guineas, exclusive of the carriage. When once obtained, a truffled turkey is easily dressed, as it simply requires to be roasted, plentifully basted, and served with its own gravy only, for though bread sauce and gravy are occasionally served with it, properly speaking no rival flavour ought to approach the truffle. Fine fresh truffles are, however, so expensive that mushrooms or chestnuts are often

substituted for them, pounded with bacon in exactly the same way, and a turkey thus prepared will prove to most people quite as acceptable as if really truffled. When it is preferred, however, that the turkey should be stuffed with truffles at home, procure a young, plump, freshly-killed hen turkey. Take a pound and a half of truffles for a moderate-sized bird, and two pounds for a large one. Smell them, and reject any that are mouldy. Wash them carefully, and scrub with a soft brush till not a particle of earth or grit remains upon them. Cut about a pound of the truffles into balls an inch and a half in diameter. Pound the rest with the trimmings to a smooth paste, adding an equal weight of fat bacon. The bacon should be scraped and pounded separately, then mixed with the pounded truffles, and the forcemeat seasoned with salt, grated nutmeg, and pepper only. When the forcemeat is quite smooth, mix the whole truffles with it, and put the preparation into the body of the turkey. Let it hang for five or six days after it is stuffed, and when it is to be roasted, lay a slice of fat bacon upon the breast, and a piece of buttered paper over that, and baste liberally whilst it is before the fire. If it is wished that truffle sauce should accompany this dish, a few truffles may be put aside for the purpose. Truffle sauce is made as follows:—Mince four truffles finely, put them into a saucepan with a slice of fresh butter, and shake them over the fire for ten minutes. Add half a pint of brown gravy, a little pepper and salt, and a glassful of sherry; let these ingredients simmer for a quarter of an hour, skim off the fat, and serve. Time, roast the turkey the usual time.

Turkey Trussed for Boiling.—Pluck, singe, and draw the bird, and be particularly careful not to break the gall-bladder, which adheres to the liver, for if any of the gall touches the bird it will impart a bitter taste to it. Cut off the head and neck, and leave sufficient skin to turn and sew over the back. After the forcemeat is put into the breast, cut off the legs at the first joint, draw the upper legs into the body, and make a slit for the stumps to go in. Break and flatten the breast-bone, and also break the back-bone, that the bird may lie flat on the dish. Truss firmly, to make it look as plump and round as possible. Turn the pinions with the points over the back, and fasten the liver (freed from gall) under one pinion, and the gizzard (washed and skinned) under the other. Skewer the apron over the nose, and pass string firmly round the body, fasten it to the skewers, and tie it in the middle of the back.

Turkey Trussed for Roasting.—Pluck and singe the bird, and in drawing it preserve the liver and gizzard. Cut off the feet, and draw out the strings or sinews from the thighs—there are five or six in each leg. Place three or four folds of cloth on the high breast-bone, and break and flatten it with a rolling-pin to make the bird look plump. Cut off the head and neck close to the body, and before doing so push back the skin of the neck so that sufficient may be left on to turn over the back. Hold the legs in boiling water for a minute or two, and afterwards peel off the rough dirty skin. Fill the breast with forcemeat, and sew the neck over the back. Press the legs close to the breast, and pass a skewer through them and the body. Turn the points of the wings over the back, skewer them through the body, and put the liver under one pinion and the gizzard under the other. Cut a slit in the apron, and put the nose through. Pass a string over the back of the bird, put it firmly round the skewers, and tie it in the middle.

Tie a buttered paper over the breast, and be very careful to truss the bird firmly. The liver of the turkey must be freed from gall and covered with a buttered paper, or it will be dry and hard. The gizzard must be carefully cleansed—as it contains stones—skinned and washed, seasoned with pepper and salt, and, like the liver, guarded from the heat by buttered paper.

Turkey, Choosing of.—A hen turkey is the best, and it should be young and plump. If young, the legs will be black and smooth. If fresh, the eyes will be bright and the feet supple. The length of the spur will show whether or not a cock turkey is young. Turkeys are in season from September to February, and are at their best at Christmas. They should be hung at least a week in suitable weather, but if there is any fear that they are frozen, they should be kept in a warm kitchen for some hours before being dressed. It is generally understood that a moderate-sized turkey is more likely to be tender than a very large one.

Turkey, with Chipolata Garnish.—Pluck, draw, and singe a plump turkey, stuff and roast in the usual way. Put it on a dish, and garnish with chipolata garnish. (*See* CHIPOLATA RAGOÛT, p. 141.) Pour a little brown sauce over it, and send some more to table in a tureen. A good deal of taste is required to garnish this dish. Chipolata garnish is worth nothing unless tastefully arranged.

It will be found best to separate the various ingredients of the ragoût, and make neat little heaps round the turkey on the dish.

CHAPTER XI.

GAME.

Grouse.—Grouse abound on the moors of Scotland and the North of England, and are shot during the months of August, September, and October. The 12th of August is the time fixed by law for the commencement of the sport, so that any birds used before that time are illegally obtained. Grouse should be allowed to hang as long as possible, the peculiar flavour for which it is so much valued being wanting if the bird is cooked too soon. After being plucked and drawn, it should be wiped, but not washed, and trussed like a fowl, without the head; though many cooks still twist the head under the wing.

Grouse, Carving of.—Grouse is carved in the same way as a partridge or fowl (*see* Fowl, Roast, To Carve). The breast and wings are considered the most dainty morsels.

Grouse, Norwegian, or Ptarmigan.—These birds are real grouse, the plumage of which has been affected by climate, and the flavour by food. Treat them as ordinary grouse. (*See* above.) They will bear a great deal of keeping. Those that have fed on young mountain firs have a taste of turpentine, and are worthless. Those that have fed on the open plains are nearly equal to English grouse. A delicate scent will detect the turpentine smell. I have bought Norwegian grouse for eightpence each equal to English grouse, but buying them is rather a lottery.

Grouse, Roast. — Pluck and draw the bird, but do not wash or damp the inside. Truss like a fowl. Roast or bake in the oven; when half done, place a piece of buttered toast under the bird. Baste as much as possible. Time, from twenty-five minutes to thirty minutes. Serve with it bread sauce (*see* Bread Sauce, p. 25), fried bread-crumbs, and some good gravy, not spoilt by being over-flavoured.

Guinea-Fowl, The.—The flesh of the guinea-fowl is excellent, being both savoury and digestible; and, as it is in season when game is out—namely, from February to June—it forms a convenient substitute. When well kept, it is not unlike the pheasant in taste and appearance.

Guinea-Fowl, To Roast.—When the guinea-fowl is larded, it should be trussed just like a pheasant, otherwise it should be trussed like a young turkey, with the head left on. Fill it with a good forcemeat, ordinary veal-forcemeat is best, put it down to a clear fire, and baste it constantly, or the flesh will be dry. A few minutes before it is taken up, dredge a little flour over, and froth it nicely. Send brown gravy and bread sauce to table with the bird. Time, an hour or a little more. Sufficient for four or five persons.

Hare, Jugged.—Cut the hare into neat little pieces. Fry these slightly, just enough to brown them, in a frying-pan in a little butter. Make a jar hot in the oven. Then throw the pieces of hare into the jar, with a small stick of cinnamon, half a dozen cloves, and a large glass of port wine. Tie a cloth over the jar, tightly; put a plate on the cloth, and something heavy on the plate, and let the pieces remain in the jar till they are cold. Slice up an onion, and fry it in the frying-pan that fried the hare. When it is brown, pour into the frying-pan some rich brown gravy that has had but little brown

thickening in it, and let it boil up for a little while. Then strain off the gravy into a basin; press the onion in the strainer; let the gravy stand a little while; take off the fat. Then pour the gravy on to the hare in the now cold jar, stand the jar in a pie-dish with some hot water in it, and let it thus stew in the oven for two or three hours; or put the jar in a saucepan, and let the water simmer. At the finish the gravy may be thickened with a little corn-flour, but do not let the hare be in the gravy when it boils. Serve a few veal-forcemeat balls (*see* VEAL-FORCEMEAT, p. 167) with the hare. Moisten the veal-forcemeat with raw beaten egg. Roll it into balls the size of a marble, dip them in flour, and throw them into boiling water. This will set them. Drain them, and warm them up in the jugged hare the last thing. Serve red currant jelly with jugged hare, separately.

Hare, Roast.—The only drawback to roast hare is that the meat is apt to be dry. Cut some thin slices of fat bacon, and cover the inside of the hare nearest the back. Fill the hare with veal-stuffing (*see* VEAL-STUFFING, p. 167), and sew it up. Roast and baste constantly. If the hare is baked, it should be *covered* with thin fat bacon, tied round it. When done, take off the bacon and brown the outside with a red-hot shovel. Serve rich brown gravy and red currant jelly with roast hare. Put a very little gravy in the dish with the hare, but serve the gravy separately in a tureen, as the carver is sure to splash the gravy if there is much in the dish. Time to roast, one to one and a half hours, according to size; the same to bake, if covered with fat.

Hare, Roast, To Carve.—Insert the point of the knife under the shoulder, and then cut from that down to the rump, along the sides of the backbone. The slices should be moderately thick. Another way of carving hare is to remove the shoulders and legs, and cut the back crosswise into four or five pieces. This, however, can only be done when the hare is very young, or when it has been boned. When cooking is set about on a grand scale, the backbone of hares, and especially of old hares, is usually taken out, thus rendering the labour of carving much easier. To separate the leg, put the knife between the leg and the back, and give it a little turn inwards at the joint, which you must try to hit, and not to break by force. The shoulders must be taken off by cutting in a circular line round them. The last are known as the sportsman's pieces; some prefer them, but generally they are thought little of, and are served only when the other portions of the hare are exhausted. The most delicate part is the back; after that come the thighs. When every one is helped, take off the head. The upper and lower jaw should be divided by inserting the knife between them; this will enable you to lay the upper part of the head conveniently on the plate. That being done, cut it in two. The ears and brains are highly prized by connoisseurs. With each slice of hare some of the stuffing should be served, and some of the gravy should accompany it. This is an important point, for roast hare is naturally dryish, and requires the aid of plenty of gravy to be properly relished.

Landrail, or Corn Crake, To Roast.—This delicious bird, which is in full season at the end of August and the beginning of September, should be trussed like a snipe, with the head under the wing, a skewer being passed through the thighs and the body, to keep the legs straight. Fasten two or three slices of bacon over the breast, and roast before a clear fire. Dish it on fried bread-crumbs, or, if preferred, omit these

and pour a small quantity of brown gravy into the dish with it, and send more to table in a tureen. Bread sauce should also be sent to table with it. Time to roast, from fifteen to twenty minutes. Sufficient, three or four for a dish.

Larks, Broiled.—Pick and clean a dozen larks, cut off their heads and legs, truss them firmly, rub them over with beaten egg, and strew bread-crumbs and a small pinch of salt over them. Broil them over a clear fire, and serve them on toasted bread. Time, ten minutes. Sufficient for five or six persons.

Larks, Roast.—Place the larks in a tin in the oven, and baste them with butter. When they have been cooking about ten minutes, place a piece of hot toast on a hot dish, put the larks on it, and pour the butter, and whatever gravy has run out, over them. Serve a little brown gravy separately. A little port wine dregs can be added to the gravy for roast larks.

Larks, Stewed.—Pick and clean a dozen larks; open them, and fry them with two ounces of fat bacon, cut into small pieces, until they are lightly browned; dredge a little flour over them, and add a few mushrooms cut into slices, half a teaspoonful of pepper, and as much salt as is required; this will be regulated by the condition of the bacon. Pour over them a wineglassful of stock and another of sherry, and simmer gently for a quarter of an hour. Add a tablespoonful of finely-minced parsley, boil for a minute, and serve on a hot dish. Garnish with toasted sippets. Sufficient for three or four persons.

Ortolans.—These birds, though small and very rare, are much esteemed by epicures for the delicacy of their flesh. They are in season from November to February.

Ortolans, Stewed, with Truffles.—Take as many large even-sized truffles as there are ortolans. Make a large round hole in the middle of each truffle, and put in it a little veal-forcemeat. Cut off the heads, necks, and feet of the ortolans, season them with a little salt and pepper, and lay each bird on its back in one of the truffles. Arrange them side by side in a deep stewpan, lay thin slices of bacon upon them, pour over them in equal proportions as much good stock and Madeira as will cover them, and simmer very gently for twenty-five minutes. Dish the ortolans and the truffles on toast, and pile them high in the dish. Strain the gravy, thicken it to the consistency of cream, and pour it over the birds. Sufficient, half a dozen for four persons.

Partridges, Boiled.—Partridges are occasionally boiled for old persons and invalids, and they are delicate and tender served thus. Wash them well, and truss them as chickens are trussed for boiling, without the heads. Drop them into boiling stock, and let them simmer very gently for a quarter of an hour, or if the birds are old, twenty minutes. Serve them with sliced lemon round the dish, and with white sauce, celery sauce, or bread sauce, accompanied by game gravy, in a tureen.

Partridges, Roast.—Let the partridges hang as long as possible, or the flesh will be hard and flavourless. In cool weather, they should be kept fully a fortnight before they are put down to the fire. They may be trussed either with or without the head, though the latter mode is at present more generally preferred. Pluck, singe, and draw the birds, and wipe them carefully inside and out; cut off the heads, and leave enough

skin on the neck to skewer them securely. Draw the legs close to the breast, pass the trussing-needle and string through the pinions and the middle joints of the thighs, and tie and skewer the legs. If the heads are left on, they should be brought round, and turned under the wing, with the bill laid on the breast. To give the birds a plump appearance, pass the needle through the back, below the thighs, then again through the body and legs, and tie the strings firmly. Put the birds down before a clear fire; baste liberally with butter or dripping. The birds may be dished upon a slice of buttered toast, which has been soaked in the gravy in the pan under the birds, or they may be put on a hot dish, and garnished with water-cresses. Brown gravy and bread sauce should be sent to table with them; two or three thin slices of fat bacon, tied round the birds before they are put down to the fire, are thought by some to improve their flavour. The usual fault with partridges is that they are too often over-cooked. Young birds roasted in a *brisk* oven do not require more than twenty minutes, and twenty-five minutes to roast before a good fire. The cook should be ordered not to commence to cook partridges until she sees the dirty soup-plates: supposing the dinner to consist of soup, joint, and partridge. They should be served directly they are cooked.

Partridges, Roast, To Carve.—The partridge is cut up in the same way as a fowl. (*See* Fowl, Roast, To Carve.) The prime parts of a partridge are the wings, breast, and merrythought. When the bird is small, the two latter are not often divided. The wing is considered the best, and the tip of it considered the most delicate morsel of the whole. "Partridges," says Dr. Kitchiner, "are cleaned and trussed in the same manner as a pheasant, but the ridiculous custom of tucking the legs into each other makes them very troublesome to carve. In connection with the subject of carving, it cannot be too often repeated, that more information will be gained by observing those who carve well, and by a little practice, than by any written directions whatever."

Pheasant.—The pheasant, almost more than any other bird, requires to be hung as long as it possibly can be with safety. When this is done, the flesh acquires a delicious flavour, peculiar to itself; when this is not done, the flesh is tough and flavourless. The length of time the bird should be kept depends, of course, upon the state of the weather. In cold, frosty weather three or four weeks may be safely permitted; in warm, damp weather seven or eight days will probably be found sufficient. As a general rule, the bird is ready for the spit when it begins to smell slightly, and to change colour; certainly it should never be cooked until the blood begins to drop from the bill. The hen pheasant is more delicate in flavour than the cock. The old birds may be known by the length and sharpness of the spurs, which in the young ones are short and round. Young pheasants are, of course, to be preferred. These birds are in season from October to February.

Pheasant, Boiled. — Pick, draw, and singe the pheasant, and truss it firmly, for boiling. Cover with buttered paper, wrap it in a floured cloth, plunge it into boiling water, and after it has once boiled up draw it to the side, and let it simmer as gently as possible until it is done enough. The more gently it is simmered the better the bird will look, and the tenderer it will be. Put it on a hot dish, pour a small quantity of sauce over it, and send the rest to table in a tureen. Celery sauce, horse-

radish sauce, oyster sauce, white sauce, soubise sauce, or even plain onion sauce, may all be served with boiled pheasant. Time to boil, half an hour from the time of boiling, for a small young bird; three-quarters of an hour for a larger one; one hour or more for an old one. Sufficient for three or four persons.

Pheasant, Roast.—A pheasant should be kept and hung for some time before roasting; a fresh pheasant is flavourless. On the other hand, it should not be high, but just getting so. Pluck, draw, and truss the bird, and roast before a clear fire, basting with a little butter. Time to roast, about forty-five minutes; to roast in an oven, rather less, for an ordinary-sized bird. Keep some of the long feathers to stick in the tail after placing it on a dish. Serve bread sauce (*see* BREAD SAUCE, p. 25) and good brown gravy with it.

Pheasant, Roast, To Carve.—Fix the fork in the centre of the breast, and cut slices off evenly on either side. If there are more persons to partake of the roast pheasant than these slices will satisfy, disengage the legs and wings in the same manner as is done when carving roast fowl. In taking off the wings, be careful not to cut too near the neck; if you do, you will hit upon the neckbone, from which the wing must be separated. Cut off the merrythought by passing the knife under it towards the neck. Cut the other parts as in a fowl. The breast, wings, and merrythought of a pheasant are the most highly prized; but in my opinion the leg has a superior flavour.

Pheasant, Trussed. — The pheasant may be trussed either with or without the head. If without, care must be taken to leave sufficient skin on the neck to skewer back; if the head, however, is left on, it must be brought round *under* the wing, and fixed on the point of a skewer, with the bill laid straight along the breast. In this case, the crop must be removed through a slit made for the purpose in the back of the neck. Draw the bird, bring the thigh close under the wing, pass a skewer through the pinion, the body, and the leg, and skewer and tie the legs firmly down.

Plovers, Roast.—Pluck the plovers, but do not draw them. Place each bird on a slice of toast, and cook in a Dutch oven, or in an ordinary oven. Baste plentifully with butter, and serve each bird on the toast. Should any of the inside have run out, spread it over the toast. Time, about fifteen minutes. They require a brisk oven or fire. They should look red inside, not blue, when cut, and a rich brown outside.

Gravy is not necessary with plovers. They require, however, plenty of butter, which will be sucked up by the toast. A little cut lemon and cayenne can be served with them.

Prairie Birds.—Cook these birds just like grouse, and send rashers of bacon, brown gravy, and bread sauce to table with them.

Quails, Roast.—Quails are more plentiful now than formerly, being sent over in vast quantities, alive, from abroad. Pluck and draw the birds, and roast before a brisk fire or in a quick oven. Baste with butter, and serve on toast. Time, about fifteen minutes.

In drawing the birds, reserve the liver and trail; cook in a little butter, and pound them, and spread over the toast on which the birds are placed, adding a little pepper and salt.

The birds can be roasted without being drawn at all; in which case, take care that the toast catches whatever of the trail may fall.

Quails, Trussing of.—Pluck, draw, and singe the tail. Cut off the neck close to the back, and the wings at the first pinion. Truss the legs close to the body, and pass a skewer through the pinions and thighs.

Ruffs and Reeves.—These little birds—of which the ruff is the male and the reeve is the female—take their name from the long feathers which stand round the neck of the male bird, in appearance slightly resembling the ruffs worn by ladies. Ruffs are birds of passage, and are caught in traps, and when fattened on meal and milk are esteemed a great delicacy. They should not be drawn, and should be trussed like woodcock. To prepare them, run a small skewer through the thighs and pinions; lay over the bodies of the birds a slice of fat bacon and a vine-leaf, run them on a lark-spit, and put them down before a clear fire. Baste well with butter, and put a slice of toast in the tin under the birds to receive the drippings from the trail. When done enough, dish them on the same toast with a little brown gravy under them, and more in a tureen. Garnish the dish with watercresses, and send bread sauce to table. Time to roast the birds, ten to fifteen minutes. Probable cost uncertain, ruffs being seldom offered for sale.

Snipe, Roast.—There is an old proverb about snipe—that the best way to cook it is to let the bird fly through the kitchen. Like a woodcock, it is absolutely cruel to overcook it. Pluck the bird, singe it and truss it, but don't draw it. Roast it before a brisk fire, or in a fierce oven, for about fifteen minutes. Serve on hot toast. Baste with butter. The toast must catch any of the trail, and will soak up the butter used for basting. Serve very hot. The bird should look raw inside. In fact, a snipe is done as soon as it is really hot through.

Snipe, To Truss.—Handle the birds lightly, pluck them carefully, so as not to tear the skin, and pick them entirely, neck and head. Do not draw them, but wipe them with a clean, soft cloth. Twist the joints of the legs to bring the feet back upon the thighs, and press the legs close to the body. Turn the head under the wing, and pass the bill through the thighs and body. Tie a string round the legs and breast to keep the legs straight, and pass it also round the head and the tip of the bill. Hang the birds to the spit with the feet downwards.

Teal, Roast.—Teal, like snipe, should be sent to table under-done. They should be plucked and drawn, roasted before a quick fire, or in a fierce oven, basted with butter, and sent to table immediately they are cooked. When teal follow a joint the cook should be warned not to put them down for some time after the joint is served; ten minutes will almost cook them. Send cut lemon and cayenne pepper to table with them. A little good brown gravy should also be served with them in a tureen.

Thrush.—The thrush was perhaps the most popular bird at delicate tables in ancient Greece. They were not given to young people for fear their exquisite flavour might give birth to premature greediness; but when a girl married she was sure of a brace of thrushes for her own special eating on her wedding-day. In Rome the birds were still more popular: patrician ladies reared thousands of thrushes yearly for the market, and men ruined themselves in providing dishes composed of these birds for their guests.

Thrush, Roast (Grieve).—Bind a vine-leaf over the breast,

and cover with a thin strip of bacon. Roast for about fifteen minutes before a clear fire or brisk oven.

Venison.—There are three kinds of venison known in Great Britain—the stag or red deer, peculiar to Ireland; the roebuck, known only in the north of Scotland; and the fallow deer, common in England. Of these the fallow deer is much the best, and when it is well-kept and properly dressed it is quite worthy of the high value set upon it. Buck venison, which is in season from June to the end of September, is finer than doe venison, which is in season from October to December. Neither should be dressed at any other time of the year. The haunch is the prime joint, though the neck and shoulders are much approved, and may be dressed in various ways. No meat requires so much care as venison in killing, preserving, and dressing. As soon as it is cut up it should be taken into a cool dry larder, dried with a cloth, and hung in an airy place. If it is to be kept some time, dry ginger and pepper should be dusted over it to keep off the flies. It should be examined and carefully wiped every day—twice a day in unfavourable weather—and should be kept as long as it is possible to preserve it untainted. Excepting in very mild weather, it will keep a fortnight with care. To ascertain its condition, run a skewer close to the bone, and from this judge of the sweetness of the venison. If it should inadvertently become musty, first wash it with lukewarm vinegar and water, and afterwards with lukewarm milk and water, and then dry it perfectly with a cloth and flour it.

Venison, Breast of, Stewed.—Cut up the back ribs or the breast of venison into small neat pieces. Flour these, and fry them in butter with three or four sliced onions and a small quantity of bacon cut into dice. When the meat is lightly browned, drain away part of the fat, and pour over the meat a cupful of good stock and a glassful of port or claret, and add a small bunch of sweet herbs, half a teaspoonful of anchovy, and a little pepper and salt. If the flavour is not objected to, a clove of garlic may be added, or the saucepan may be rubbed once or twice with a freshly-cut clove. Shake the stewpan over a gentle fire till the venison is tender. Thicken the gravy with a little brown thickening, and let it simmer till it has thrown up its grease. Put the meat on a dish, strain and skim the gravy, and pour it round the venison. Garnish with toasted sippets. A few stewed mushrooms will be a great improvement to this dish. It is an excellent way of dressing venison which is lean and dry. Time to stew the venison, about two hours.

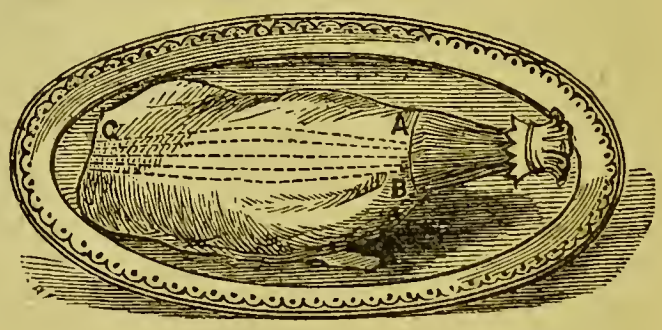
Venison Chops.—These can be cut from a neck of venison. Grill them carefully, black outside, red in. Whatever you do, don't waste the gravy that will often settle in the chop while cooking. Serve *hot*, with red currant jelly and a floury potato.

Venison, Hashed, from Cooked Meat.—The remains of any joint of venison will make an excellent hash. (For hashed venison from fresh meat, *see* Venison, Hashed, p. 148.)

Venison, Haunch of.—Take a well-hung haunch of venison weighing from eighteen to twenty-five pounds. If it weigh less it will not be fully flavoured. Be sure that it is in good condition. To insure this it should be hung, as soon as brought in, in a cool, airy situation. The kernel of the fat should be at once removed, the part from which it is taken wiped dry, and it, as well as the entire haunch, should be dusted with pepper and powdered ginger. The

hauneh should be examined twiee a day, and if any moisture appears it should be wiped with a dry cloth and the part floured; and the meat should be kept as long as it ean be preserved sweet and untainted. In order to aseertain whether or not it is ready for dressing, run a skewer into the flesh close to the bone, and from this judge of the state of the meat. When it is to be roasted, saw off the shank-bone, remove the sinews, serape away the dark dry skin from the skirt, and also the dried surfaee of the under part. Wipe the hauneh thoroughly with damp cloths which have been wrung out of lukewarm vinegar and water, then dry it perfectly. It should be remembered that the more fat there is on the joint the better it will be, and that in roasting the main object is to preserve the fat. Therefore, first cover the hauneh with a large sheet of well-greased, thick, white cartridge paper, then with a *stiff* paste of flour and water rolled out to the thiekness of three-quarters of an inch, and tie securely over this with string or tape two additional sheets of greased paper. Put the haunch down to a clear, sound fire, quite near at first, to harden the paste. Draw it back after a minute or two, and bring it gradually nearer. Baste the venison the moment it is put down to prevent the outer paper and the string from burning, and continue to baste frequently and liberally till done enough. Half an hour before it is done remove the paper and the paste from the meat, and a few minutes after take away the last paper. Sprinkle a little salt over the meat, dredge the surfaee lightly with flour, and then baste with butter dissolved in a spoon. Pour the fat from the dripping-tin, keeping baek any gravy there may be. Add half a teacupful of boiling water to this gravy, pour it into a saucepan, and skim off the fat. Boil it, and add a little salt to it. Put the haunch upon a very hot dish, and pour the boiling gravy through a strainer on it. Pin a frill of white paper round the knuekle-bone. Send venison gravy and venison sauce to table in tureens, and let red eurrant jelly be served on a separate dish. The gravy should be prepared the day before it is wanted, to insure its being free from fat. French beans plainly boiled are the most suitable aeeompaniment to a haunch of venison. Venison fat congeals so quiekly that espeeial eare should be taken that the plates are very hot; indeed, hot-water plates ought to be used. Time to roast the venison, from four to five hours, or about thirteen minutes to the pound when the hauneh is weighed with the paste on. Although the omission is by no means recommended, some cooks omit the flour and water paste; then the haunch will not need to be down so long. Doe venison will be done half an hour before buek venison. Venison is liked under-done rather than over-done. Sufficient for twenty persons.

Venison, Haunch of, To Carve.—This is not a very difficult task. In carving a haunch of venison,



VENISON, HAUNCH OF, TO CARVE.

first cut it across down to the bone in the line A B; then turn the dish with the knuekle farthest from you, put in the point of the knife, and cut down as deep as you can in the direction shown by the dotted lines; you may

take out as many slices as you please on the right and left. The knife should slope in making the first cut, and then the whole of the gravy will be received in the well. It is held by genuine epicures that some parts of the haunch are better-flavoured than others, but it is doubtful whether ordinary palates will detect any difference. Slices of venison should not be cut thick, and plenty of gravy should be given with them; but as there is a particular sauce made for this meat with red wine and currant jelly, your guest should be asked if he pleases to have any. The fat is very apt to get cool soon, and become hard and disagreeable to the palate; it should, therefore, always be served upon a water-dish.

Venison, Neck of, To Roast.—A neck of venison should not be separated from the shoulder till the buck is quite stiff, otherwise the appearance of both joints will be spoilt. Shorten the rib-bones, but do not cut through the fat; saw off the chine-bone, and remove the small bones which cover the fillet part of the neck. Roll the piece of fat from which the bones were taken over the ribs. Wrap the neck in oiled paper, then in a stiff paste of flour and water, and afterwards in greased paper again. Tie the coverings securely on with tape, and roast the neck according to the directions already given for roasting haunch of venison. When done enough, serve with the same accompaniments as the haunch. A neck of venison should properly be roasted on a cradle spit. When this is not at hand, three skewers should be put through it, and the spit should be put between them and the bones. Although it is best to cover the neck with the paste, this is oftener than not omitted, and the neck is enveloped in buttered paper only. Time to roast a neck of venison, eleven minutes to the pound. In carving a neck of venison, cut the meat parallel with the spine, like carving a haunch of mutton.

Venison, Roast.—Venison is roasted exactly like mutton. Some brown gravy must be made separate, as it makes no gravy itself worth mentioning. Cover the venison with buttered or oiled paper. When nearly cooked, remove the paper, flour the meat, baste it with butter, and brown it before the fire, making it froth. Venison requires a quick fire or a fierce oven.

Serve French beans with it, good brown gravy, and red currant jelly or venison sauce. (*See* Venison Sauce, p. 35.)

When there is but little fat to the venison, it should be covered with thin slices of mutton fat, tied on under buttered paper. This in the case of shoulder of venison is important. When venison is very lean, a piece of mutton fat should be roasted with it, and a small slice of hot mutton fat served with the slice of lean venison. Though this is not equal to venison fat itself, it is far better than eating venison without any fat at all.

Time to roast a shoulder of venison—if well covered with mutton fat—about two hours.

Venison, Shoulder of, Roast.—Be very careful that the shoulder is not separated from the neck till the buck is cold and stiff, otherwise the appearance of both joints will be spoilt. Let the shoulder hang in a cool, airy situation as long as it can be kept untainted. Examine it twice a day, and wipe away any moisture that may appear, and flour the part. Cover all over with thin slices of mutton fat. It is important that this should be done, because the meat has none of its own. Wrap it in greased paper, then in a stiff flour and water paste, and after-

wards in greased paper again. Hang it before a sound clear fire, or put it in a quick oven, roast, and serve like a haunch, with the same accompaniments. The flour and water paste is sometimes omitted; the slices of mutton fat should never be. Time to roast a shoulder of venison, about two hours.

Wheatears.—These birds are in season from July to October. They should be dressed the day on which they are killed. Carefully pick and draw the birds; truss them like larks, put them on a bird-spit, or pass a long skewer from one bird to the other, and put the roasting-hook between them that they may hang side by side. Flour them, put them down to a clear fire, and baste plentifully with butter. When done, dish them upon fried bread, and garnish the dish with sliced lemon. Send bread sauce to table with them. Many cooks brush them over with yolk of egg and sprinkle bread-crumbs upon them before putting them down to the fire. Time to roast the wheatears, about ten to fifteen minutes.

Widgeon.—Draw and truss the bird. Roast before a fierce fire, or in a very hot oven, for about fifteen minutes. Serve with a little gravy separate in a tureen, and also with cut lemon and cayenne. Also serve with them venison sauce of red currant jelly and port wine. (*See* Venison Sauce.) The widgeon, like snipe, teal, and wild duck, should be under-done, or it is not worth eating.

Wild Duck.—Pluck, draw, and truss the bird. Roast it before a fierce fire for about fifteen or twenty minutes. Send cut lemon to table with it, and cayenne pepper. Wild duck requires no gravy. It should be red inside when cut. The breast is the best part. In carving a wild duck it is customary for the carver to score the breast into six slices down to the bone, and squeeze lemon, dipped in cayenne pepper, into the gashes. Take care that the lemon does not squirt in the eye. I once witnessed this: the sufferings of the carver, owing to the cayenne pepper, were terrible.

Woodcock, Roast.—Truss the bird. (*See* Woodcock, Trussed.) Roast it before a fierce fire, or in a quick oven, for about fifteen to twenty minutes. Place a piece of toast underneath the bird after it has been roasted for about five minutes to catch the trail; baste as frequently as possible. Let the butter with which the bird is basted soak into the toast. Serve very good unflavoured gravy with it, and some bread sauce. The bird should be served on the toast directly it is roasted. The woodcock should be red inside when it is cut, and bright brown outside. The fire or oven must be fierce.

Woodcock, Trussed.—Pluck the bird entirely, head and neck included, and very carefully, to avoid tearing the tender skin. Singe off the hairs and cut off the ends of the toes, but do not draw the birds. Twist the legs at the joints to bring the feet upon the thighs. Press the wings to the sides, and turn the head under the wing, with the beak forward. Tie a string round the legs and breast, and pass one also round the head and the tip of the bill. Hang the bird to the spit feet downwards.

CHAPTER XII.

HASHES, STEWS, MINCE, RAGOÛT, ETC.

Hash.—There are hashes and hashes. Thin slices of meat, sent up in an immense dish, with a thin watery gravy covered with greasy spots, and surrounded with sodden sippets, is a dish as unappetising as it is unnecessary. Good hash is really very nice, and it is quite possible, with a little extra *trouble*, and without extra *expense*, to make out of the fag-end of a cold leg of mutton a dish that even Mrs. Gamp herself would not scorn to eat.

I think the first point to be aimed at is to have the gravy a good *colour;* secondly, of a good consistency. Suppose you have, say, the remains of a cold roast or boiled leg of mutton, and you want to make a really good hash. First, cut off all the meat carefully in nice, neat, small slices, and remove at once all skin and gristle—anything, in fact, that is likely to be rejected or left. This, with the bone chopped up, will make a little stock. (*See* STOCK No. 2.) Next, take a large onion, or even two. And I would here state that, if the flavour of onion is objected to, it is better not to make hash at all, but have a dish of mince instead. Slice the onion, and fry it of a nice rich brown colour in a frying-pan, with a little dripping, or some of the spare mutton fat. Boil the stock away (*see* No. 8) till there is not much more than half a pint. Add this to the onion; rub the whole through a wire sieve into a basin. You will now have a fairly good-coloured sauce. Add a little Liebig's Extract of Meat, a dessertspoonful of Harvey sauce, and a little pepper and salt. Now thicken with a little corn-flour—a very little will be sufficient—till the sauce is as thick as cream. Then take the slices of meat which have been already cooked, and simply make them hot through in this sauce, and put the hash in a vegetable-dish.

The usual plan is to put some bread sippets round hash, but fried bread cut into shapes looks far better. Place the fried bread round the edge of the hash, and between each a small pickled walnut, or, if hot things are liked, half a red chilli; this, so to speak, brightens up the dish, and to many the chilli is a very great improvement. The sauce should be a nice rich dark brown.

Again, if you have bay-leaves, three or four bay-leaves can be warmed up in the gravy, and sent up in the sauce, whole. It raises the tone of the dish.

This, I admit, will take time, but the result will well repay you.

A quicker way is to send up the fried onion in the gravy without rubbing it through a wire sieve. Ketchup will do instead of Harvey sauce, but it is not so good. Worcester sauce is too overpowering. A cheaper way is to omit the extract of meat.

To make good hash, however, you must avoid swimming the meat in gravy. And there is no excuse for not thickening it. Corn-flour is cheap, and the quantity required will cost scarcely anything. Burnt sugar is also cheap; therefore, why not have a little by you, ready for use?

If in summer you can get a nice fresh mushroom, this, fried with the onion, is an immense improvement.

Some recommend browning the meat in the frying-pan. The principal objection to hash is that the meat is over-cooked. If, however, the meat is under-done — not an

uncommon thing in a boiled leg of mutton—then just colour the slices of under-done meat. Get a very little fat in the frying-pan and make it *very* hot, so that the meat turns colour instantly. This will make it more tender, and keep in the juice.

This applies to beef and mutton; veal is always best minced. Lamb does not hash well, and is far preferable cold with mint sauce, or it can be minced.

In hashing duck, goose, or fowl, it is always best to cut the meat off the bones, and stew the bones for stock. Proceed as above, but omit the Harvey sauce; also omit the walnuts and chillies. A mushroom improves fowl, turkey, &c., but is best avoided with duck and goose. A little sage-and-onion seasoning can be warmed up with these latter and handed round separately.

Mince.—Mince is almost always made from meat that has been cooked before, and the chief point to be considered is how to avoid over-cooking it, which is very likely to happen considering how small are the pieces to be warmed up. Take the remains of any cold beef or mutton, remove all the skin and gristle, and chop the meat very fine. Take sufficient Stock No. 1 or 2 to moisten the mince, and make it hot in a stewpan. Chop up a small piece of onion very fine—a piece as big as half the thumb for every pound of meat—and also a little parsley—half a teaspoonful; boil these in the stock for five minutes, and add some pepper and salt, and a teaspoonful of Harvey sauce. Have some fried bread ready, or some sippets. A few minutes before the mince is wanted, warm it up in the stock, flavoured as we have said; watch it, heat it slowly, and as soon as it is *hot* turn it on to the dish, place the bread round it, and serve at once. Under-done beef (or mutton) makes exceedingly nice mince if it is exposed to the action of the fire only just long enough to make it hot through.

Veal is best warmed up in the same manner, with a little white stock boiled away mixed with a little boiled milk. Some chopped parsley may be added, as well as a little veal-stuffing (very little) if any of that is left. Only add just sufficient stock to moisten the mince. No Harvey sauce should be used. Poached eggs are very nice on minced veal.

Beef Ragoût.—This is simply another name for good stewed steak. (*See* below.)

Beef Steak, Stewed.—Cut the steak in pieces, about three or four inches long, and two wide, and have plenty of fat. Brown them slightly in a frying-pan without cooking them. Then place them in a stewpan, with one carrot sliced, one large onion sliced, previously fried till they are on the point of turning colour, to every pound of steak, and sufficient Stock No. 2 to cover the meat. Stew it very gently, and sprinkle a little chopped parsley over before serving. Thicken the gravy at the finish, taking out the meat first, with a little corn-flour, just enough to take off the thinness. A little port wine dregs are an improvement; two or three cloves may be put in, and even half a teaspoonful of red currant jelly, as well as the necessary pepper and salt. Stewed steak is always best cooked the day before, allowed to get cold, and the fat then removed. It is none the worse for warming up. Any kind of steak or beef will stew.

Beef, Stewed.—Raw beef, of any description, will easily stew, and if of inferior quality can be disguised by adding onions or garlic, spices, celery, thyme, pepper, &c. Beef

makes also excellent Irish stew. (*See* IRISH STEW, p. 143.) Stewed beef requires plenty of pepper and salt, especially the former. In stewing beef fry the vegetables till on the point of turning colour, and also brown the outside of the beef.

Bullock's Kidney, Stewed.—Fry the slices of a kidney in butter until they become a light brown. Sprinkle them with pepper and salt. Make a gravy with the butter, a little flour, and warm water or stock; then put the slices into the stewpan with the gravy, and stew over a slow fire until quite tender. A little mushroom ketchup may be added. Time, a little more than an hour. Sufficient for two or three persons.

Calf's Head Ragoût.—Boil a calf's head, and while the flesh is still firm, take it up, cut it into nice slices, about half an inch thick, and as large as possible. Dust these on both sides with flour, salt, and grated nutmeg. Have a saucepan ready, melt two ounces of butter in it, and fry the pieces of meat, and as each piece is lightly browned, put it into a stewpan. When all the pieces are fried, mix a tablespoonful of flour very smoothly with the butter left in the pan, and add gradually to this a breakfastcupful of the liquid in which the head was first boiled, and a wineglassful of sherry or Madeira. Season the liquor with the juice of half a lemon, and a little cayenne. When this sauce is quite smooth, pour it over the meat, and let all simmer together for about ten minutes. Arrange the meat nicely on a hot dish, and pour the sauce round it. Garnish either with calf's brains boiled and cut in slices, or toasted sippets. Time, to boil calf's head, one hour and a half. Sufficient for eight or nine persons.

Chipolata Garnish.—Take equal quantities of carrots, turnips, chestnuts, mushrooms, pieces of bacon, and small sausages, as many as may be required for the dish they are to garnish. Shape all these ingredients into neat pieces of a small size. Roast and peel the chestnuts, and boil the other ingredients separately. When they are ready, drain them and put them into a saucepan; cover them with good brown sauce, nicely seasoned, and add a glass of sherry; let them boil, then use the ragoût for garnishing dishes of game, poultry, and cutlets. The carrots and turnips in this ragoût may be shaped like peas or dice, or, if liked, they may be peeled in ribbons, then cut into thin shreds. Truffles are a great improvement, but they make the dish very expensive.

Duck, Salmi of.—Take the giblets of a duck, stew them gently in gravy seasoned with cayenne, three finely-shred shallots, and some pepper and salt. Roast the duck, cut it up, and lay it in a stewpan with the gravy. Simmer till quite hot, then squeeze a bitter orange into the sauce, strain it over the duck, and send to table hot. More seasoning may be added for the English palate. Salmis are great favourites with French epicures; they are a species of moist "devil," sufficiently piquant, as a rule, to please a Frenchman's taste. Time, twenty minutes to roast; twenty minutes to stew. Sufficient for four or five persons.

Financière Ragoût, or **Ragoût à la Financière.**—Proceed exactly as for Ragoût à la Toulouse, only add some rich brown gravy, and a little sherry, instead of white sauce or sauce suprême.

Fowl, Minced.—The remains of a cold fowl or turkey, either roast or boiled, will make an excellent mince, which can be served as a separate dish, or can be used for making rissoles (*see* RISSOLES, p. 169), or for

filling small patty-cases. (*See* PATTIES, p. 152.) Take the cold fowl and remove every particle of meat from the bones, scraping them. Put the bones on to simmer for two or three hours in some No. 1 Stock, with a slice of onion or a bead of garlic, and let the stock boil away so that when cold it is a very hard jelly.

When the stock has reduced itself by boiling till it is nearly a glaze, while hot add to it a little milk, or, better still, cream, boiled separately, sufficient to make enough white sauce to just moisten the mince. Add a very little finely-chopped parsley, and warm up the minced fowl in this sauce without letting it boil. Serve some fried croûtons of bread round it.

N.B.—A few mushrooms stewed in the gravy are a great improvement. A small tin of mushrooms may be added. The liquor in the tin can be added to the stock, and allowed to boil away with it.

A few sliced or chopped truffles are also a great improvement, as also a little finely-chopped ham, rather lean. When this mince is wanted for patties, rissoles, or "vol au vents," cream should be used instead of milk.

Minced fowl can be served with poached eggs on the top of the mince. When this is done, place a fried croûton of bread between each egg, and, if possible, ornament the dish with a few pieces of bright red tongue or red lean ham. This is an excellent dish for invalids.

Minced fowl can also be served up in a border of rice. (*See* RICE BORDERS, p. 187.) The border can be glazed, and the mince piled up in the middle. A very handsome dish can be made by ornamenting this—especially if the mince is made with cream—with black truffles and small red crayfish, or pieces of red tongue.

Minced fowl can also be served up in a border of macaroni, boiled tender in milk, formed into a border, covered with Parmesan cheese, and browned in the oven. Another excellent border to serve up round minced fowl can be made from potatoes. (*See* POTATO BORDERS, p. 212.)

Fowl, Ragoût of.—Boil down the inferior parts, bones, &c., of a couple of roast fowls, and cut up the joints into neat pieces. Stew with the trimmings an onion quartered, a couple of shallots, a little grated nutmeg, some lean bits of ham, and a bunch of sweet herbs. Cover with stock, and boil very gently till all the nourishment is extracted. The bones should be crushed before beginning to boil. Put a piece of butter into a stewpan and let it melt; add flour sufficient to absorb the butter, strain the liquor from the bones into it, and stir over the fire for a few minutes. Season with pepper and salt. Place the pieces of fowl nicely in the gravy, pour in a tablespoonful of lemon-juice. Let it get hot, but it should not boil. Serve with the gravy poured over, and a garnish of pieces of bread cut into shapes and fried. Time, one hour to stew trimmings, half an hour to stew fowl. Sufficient for seven or eight persons. Slices of tongue warmed up in a little stock also make an excellent garnish placed alternately with fried bread or parsley.

Hare Ragoût. — Divide the hare into neat joints. Put two ounces of butter, three sliced onions, and three teaspoonfuls of flour into a stewpan. Set the pan upon a moderate fire, and stir well with a wooden spoon till the onions are brightly browned; add gradually a quart of stock, make the mixture quite smooth, then put with it a bunch of sweet herbs, four allspice, a sliced carrot, the inferior pieces of hare, such as the head, neck, liver, heart, and ribs, and a quarter of a pound of bacon cut in slices. Simmer gently for an

hour. Strain the gravy, and leave it until the following day, when the fat can be removed entire. After frying the pieces of hare a light brown in a frying-pan, stew in the gravy until tender. Add salt and pepper, if required. Serve with forcemeat balls round the dish. A glass of port is always an improvement to hare, but this may be added or not. Time, three-quarters of an hour to stew the hare. Sufficient for six or eight persons.

Haricot Mutton. — Take a couple of pounds of neck of mutton, and cut it into chops, or rather, little cutlets. Put a piece of mutton fat in a frying-pan, and just brown the cutlets without cooking them through. Put them into a saucepan. Next, cut up two carrots, one turnip, and one onion, and fry these in the frying-pan for a few minutes till the edges begin to colour. Put these in the saucepan with the meat and about a pint of water, or, of course still better, stock, into the frying-pan, and stir it up and thicken slightly with a little white thickening, or a little flour and water. Pour this into the saucepan with the meat and vegetables, and let it stew very gently for an hour. In serving, take out the cutlets and arrange them neatly in the centre of the dish. Make a border of the vegetables round them, and pour the gravy over the whole. A vegetable-dish is best. Do not add Worcester sauce or ketchup; season simply with a little pepper and salt. A teaspoonful of finely-chopped parsley may be sprinkled over the vegetables.

Irish Stew.—This is a cheap, nice, and economical dish, and can be made from any kind of meat, the best for the purpose being what is known as the best end of the neck of mutton. Take two pounds of potatoes, peel them and slice them, and put a layer of them at the bottom of a saucepan or stewpan. Have ready one pound of onions, also sliced; put a layer of onions upon the potatoes—taking, say, half the potatoes and half the onions. Next, take the meat, from which should be removed nearly all the fat, as a very little fat indeed will swell in stewing. Pepper and salt the meat thoroughly, and lay it on the onion. Cover over the meat with the rest of the onion, and lay the remainder of the potatoes on the top. Cover the saucepan or stewpan, and place a weight on the lid. Add a very little water or stock (half a pint). Take care to moisten the top. Let the whole stew for two or three hours. Be very careful not to let it even nearly boil. Don't take the lid off to look at it: it will do no good.

If you prepare Irish stew with potatoes previously boiled (which is more wholesome for persons with delicate stomachs), you must increase the quantity of water or stock. By some it is thought that the water from any roots, such as potatoes, onions, &c., is unwholesome.

Kidneys, Stewed. — Cut the sheep's, pig's, or calf's kidneys into halves, separating the halves, and the bullock's kidneys into pieces about the size of half a sheep's kidney. Brown the outside quickly in a frying-pan with a very little fat or butter, but do not cook them; then place them in some rich brown gravy to stew very gently. Fry a few small button onions in the frying-pan, after you have browned the outside of the kidneys, till the onions are nice and brown outside, and add these to the stewed kidneys. Season with pepper and salt. Stewed kidneys, to be nice, should be stewed for some time in gravy not much hotter than can be called "fairly warm." Make hot very slowly, and when sufficiently hot, serve. If the gravy once boils, the kidneys will be

quite hard. A tablespoonful of sherry may be added to a pint of gravy.

Mutton, Ragoût of. — Slice thinly two turnips, two carrots, and two onions; brown them slightly in a broad-bottomed stewpan with two ounces of butter or dripping, shaking in a little flour, and stirring to prevent it from browning too quickly. Cut small short chops from a cold roast loin or neck, or from the breast small square pieces, free them from fat, and brown them on each side in the same butter; then pour in as much Stock No. 2 as may be required, say about half a pint; season with pepper. Stew very gently until the vegetables are tender. The flavour of this ragoût may be varied by the introduction of celery. Green peas, when in season, are generally preferred to turnips and carrots. Arrange the meat in a circle, and put the vegetables in the centre, with the sauce over all. Time, three-quarters of an hour. Sufficient, a pound and a half for four persons.

Ox-cheek. (*See* p. 149.)

Pheasant, Salmi of.—Roast a well-hung pheasant until it is a little more than half-dressed, then take it from the fire, and when it is almost cold cut it into neat joints, carefully removing the skin and fat. Put the meat aside until wanted, and place the carcass, bones, and trimmings in a saucepan with an ounce of fresh butter, a sprig of thyme, and a bay-leaf, and stir these ingredients over a slow fire until they are lightly browned; then pour over them half a pint of good brown gravy and a glassful of sherry. Let them simmer gently for an hour; pass the gravy through a wire sieve, add a pinch of cayenne and the juice of half a lemon, and put it back into the saucepan with the pieces of game. Let them heat very gradually, and on no account allow them to boil. Pile them on a hot dish, pour the hot sauce over them, and garnish with fried sippets.

Pork, Hashed.—Cut a pound and a half of cold roast pork into neat slices. If any gravy was left from the joint, it may be thickened with a teaspoonful of brown thickening, or with flour and butter flavoured with a little mushroom ketchup or any other flavouring, and used for the hash. If this is not at hand, put the bones and trimmings from which the meat was cut into a saucepan with a sliced onion, a clove, a little grated nutmeg, a little salt and pepper, and a pint of water. Stew gently for an hour or more, skim and strain the gravy, and flavour as above. Put in the slices of pork, and let them heat gently by the side of the fire for about twenty minutes. The gravy must not boil after the meat is added. Serve on a hot dish, garnish with toasted sippets, and send apple sauce to table in a tureen. The gravy may be made more savoury by gently frying the onions in butter before stewing them, and if liked, sage-and-onion sauce may accompany the hash. Time, half an hour after the gravy is made. Sufficient for three or four persons.

Pork, Minced.—Take a pound of cold roast pork, free from fat or skin, and season it with a little pepper, salt, and dry mustard. Pare, core, and mince finely four large apples, and put them into a saucepan with two ounces of fresh butter and three chopped onions of a moderate size. Stir these ingredients over the fire until tender. Pour over them three tablespoonfuls of nicely-flavoured stock, or, if any is at hand, of the gravy that was served with the roast pork. Add a piece of brown thickening the size of a nut, or, if this is not to be had, a teaspoonful of flour mixed smoothly with a dessertspoonful of cold stock.

Let the sauce boil five or six minutes. Stir into it the minced pork, and when this is quite hot, add the juice of a small lemon, and serve immediately. If the flavour is liked, a head of garlic may be simmered with the sauce. Garnish the dish with toasted sippets. Time, half an hour. Sufficient for two or three persons.

Rabbit, Ragoût of. — Melt two ounces of butter in a saucepan, and in this fry three moderate-sized onions cut into slices. Lift these out as they brown, mix three teaspoonfuls of flour smoothly with the butter, and moisten the mixture very gradually with as much stock as will make it of the consistency of thick cream. Skin, empty, and wash a young rabbit. Cut it into small neat joints, fry them a light brown colour in a frying-pan, and lay these joints in the sauce with five or six rashers of bacon, a bay-leaf, a slice of lemon, and a little pepper and salt. Simmer all gently together till the rabbit is tender. Lay the pieces on a dish, strain the sauce over them, and serve very hot. A glassful of wine may be added to the sauce or not. Time, from an hour and a half to two hours to simmer the rabbit. Sufficient for four or five persons.

Ragoût of Goose-Liver.— Take the livers of two large fat geese. Remove the gall-bags, then lay the livers in milk for some hours to whiten them. Put them into a stewpan, and cover with equal parts of good gravy and light wine. Put with them a bunch of parsley, two sliced shallots, a teaspoonful of bruised pepper, four bruised cloves, a bay-leaf, and a little salt. It is probable that very little of the last-named ingredient will be required, as the gravy will doubtless contain sufficient salt. Cover the saucepan closely, and simmer gently. When the livers are done enough, drain them from the liquid, and reduce the latter by rapid boiling to the consistency of sauce, then add a glass of sherry. This ragoût may either be used as a garnish, or it may be served as a separate dish. When the latter is the case, the livers should be placed upon a dish, and the yolks of two eggs beaten up added to the reduced liquid, and poured over them. Time to simmer the livers, a quarter of an hour. Sufficient for four or five persons.

Salmis of Game or Wild Fowl.—Put the birds down to the fire as for roasting, and take them up when they are less than half done. Cut them into neat pieces, and remove the skin, fat, and sinew from the legs, wings, and breasts. Place the joints side by side in a clean saucepan, cover them, and keep them in a cool place till wanted. Take a quarter of a pound of undressed lean ham, mince it finely, put it into a well-tinned saucepan, and shake it over the fire for three or four minutes with a slice of fresh butter. Add to it a dozen button mushrooms, a scraped carrot, a handful of parsley, a sprig of thyme, three shallots (or more) finely minced, four cloves, two bay-leaves, a little grated nutmeg, and half a teaspoonful of peppercorns. Mix these ingredients, and stir them over a gentle fire till the sides of the saucepan appear slightly coloured, dredge a tablespoonful of flour over them, and let it brown a little, then pour in gradually a pint of good No. 1 Stock before extract of meat has been added, and two glassfuls of sherry. Put in the bruised remains of the birds, such as the back and trimmings, let the sauce boil up, then draw the saucepan to the side, and let its contents simmer gently till the sauce is smooth, thick, and pleasantly flavoured. Carefully remove the scum as it rises. Clear the sauce from fat, strain, pour it over the joints of game in the saucepan,

let these heat in it *very slowly*, and when the liquid is just about to boil, dish them. Pour the sauce over the game, and garnish the dish with fried sippets. The salmis may be made less expensive by the omission of the mushrooms and wine. When moor fowl or black game are used, care should be taken to remove the bitter spongy substance from the body of the birds, if they have been well hung, or the flavour of the salmis will be spoilt. Time, an hour to an hour and a half to simmer the sauce.

Salmis of Partridges, with Truffles.—Truss two or three partridges. Put them into a stewpan with butter and a few trimmings of fat bacon; add the necks and gizzards and fry them on a brisk fire for five or six minutes. Withdraw them on a moderate fire; let them half cool, and cut each of them up into five pieces, trim the skin away, and place them in a stewpan. Fry in butter the livers of the partridges, with two chickens' livers, pound and pass them through a sieve. With the backs and trimmings of the partridges prepare a little gravy. Skim off the fat, reduce it to half-glaze, that is, till it becomes like thin gum, and add to it three gills of brown sauce; let the sauce boil up, and remove it back to clarify; skim again, add a wineglass of sherry, and pass it through a fine sieve. With this sauce dilute gradually the purée of liver, pour it over the pieces of partridge, which warm without allowing to boil, and dish up. On the other hand, cut some bread croûtons of round shape and half an inch thick, make a circular incision on one side, fry them in butter, empty them of the crumb, and fill the void with truffles cooked with a little Madeira and a little melted glaze. Mask the partridges with this sauce, and dish the croûtons all round.

Snipes, Salmis of.—Take the remains of cold dressed snipes, and cut them in neat slices and joints. Bruise the bones and trimmings in a mortar, and put them into a stewpan with two shallots, two cloves, a slice of lean undressed ham, a carrot, a tablespoonful of chopped mushrooms, half a dozen peppercorns, and a pint of stock. Let these ingredients stew gently together for an hour; strain the sauce and pass it through a wire sieve, and return it to the saucepan with a slice of fresh butter rolled in flour, and a glass of sherry or Madeira, and any remains of toast covered with trail that there may be. Simmer the sauce again until it coats the spoon. Put the slices of snipe into a clean saucepan, strain the sauce over them, and heat them gently by the side of the fire without allowing them to boil. Put the meat on a hot dish, pour the sauce over it, and serve very hot. Garnish the dish with fried sippets. Time, an hour and a half to two hours. Sufficient for three or four persons.

Sweetbreads, Ragoût of.—Soak, blanch, and cool the sweetbreads, then simmer them in nicely-seasoned stock for half an hour. Let them cool, cut them into pieces about an inch square, and half an inch thick, and trim them thoroughly from skin, dry them perfectly, and flour them; then fry them in butter till they are brightly browned. Put into a saucepan a pint of stock, add a sliced onion and a sliced carrot, both fried, a little piece of lean bacon or ham, a handful of button mushrooms, a little salt and cayenne, and two allspice. A dessertspoonful of tomato conserve may be added. Add a spoonful of brown thickening, and simmer the sauce for a quarter of an hour. Strain it, and put the brown sweetbreads into it for a few minutes. Place them on a dish, and pour the sauce over them. Time, one hour, exclusive of the time taken in preparing the sweetbreads for dressing.

Toulouse Ragoût, or **Ragoût à la Toulouse** (for garnishing large or small dishes).—Cook separately equal quantities of the following ingredients, as many as may be required for the dish it is intended to garnish:—Button mushrooms, cocks-combs, sliced truffles, quenelles, and scallops of sweetbread. Pour over these as much nicely-flavoured white sauce, or better still, sauce suprême, as will cover them, and when they are quite hot the garnish will be ready for use. Time to simmer the whole together, a few minutes.

Turkey, Hashed.—Cut the remains of a cold dressed turkey into neat slices, dredge a little flour over them, put them into a stewpan, pour over them any sauce that may be left, and add a little pepper, salt, and grated nutmeg. Shake the pan over the fire until its contents are quite hot, but do not allow them to boil. Draw it to the side of the fire, and let the hash simmer gently for ten or fifteen minutes. Cut the forcemeat balls into slices, and warm these in the oven or before the fire. Arrange the turkey neatly on a hot dish, pour the gravy over it, and garnish with alternate slices of forcemeat and toasted sippets. A spoonful of pickled walnuts, pickled mushrooms, stoned olives, or sliced gherkins, simmered in the sauce, will pleasantly vary the flavour of the hash. When there is no sauce left from the previous day, a little may be made as follows:—Put the skin, bones, and trimmings of the turkey into a saucepan with a pint of stock, a shallot, a spoonful of parsley, four or five cloves, and two or three sliced mushrooms. Simmer the sauce gently for an hour, strain it, season with pepper, salt, and grated nutmeg, and thicken with the crushed liver of the turkey, and a little brown thickening. Before sending to table, a spoonful of lemon-juice may be added or not. Time, half an hour, exclusive of the sauce.

Turkey, Minced.—When a turkey has been so far used that neat slices cannot be cut from it to make a hash, the remains may be minced as follows:—Cut off the meat, free it from skin, bone, and sinew, and mince it finely. Season with salt, pepper, and grated nutmeg, and put it into a stewpan with sufficient white sauce to moisten it. Let it simmer gently without boiling till it is quite hot, stirring all the time. Turn it upon a hot dish, and garnish with poached eggs and toasted sippets placed alternately. When the white sauce is not at hand, a little sauce may be made as follows:—Put a quarter of a pint of white stock made from the turkey bones into a saucepan with a thin strip of lemon-rind. Let it simmer gently a few moments till it is pleasantly flavoured with the lemon. Strain, and add gradually a dessertspoonful of flour which has been smoothly mixed with three or four tablespoonfuls of milk or cream. Stir the sauce gently over the fire for a few minutes till it is quite thick, and add pepper, salt, and grated nutmeg if required; and after it is taken from the fire stir half an ounce of fresh butter into it until dissolved. Time, a few minutes to heat the mince.

Veal, Breast of, Ragoût of.—Take off the under bone, and put the veal into a stewpan with as much boiling stock as will cover it. Let the liquor boil up, then add a large carrot sliced, three onions, a little grated nutmeg, a bunch of sweet herbs, the thin rind of a lemon, and a little pepper and salt. Skim the gravy, and simmer it gently until the veal is quite tender. Thicken the gravy with white roux till it is of the consistency of sauce, and stir into it the strained juice of a small lemon and a glassful of sherry or

Madeira. Put the veal into a dish, pour the gravy over it, and garnish with savoury forcemeat-balls and cut lemon. Time to simmer the veal, about two hours.

Veal, Minced.—Take the remains of cold dressed veal free from skin, bone, and fat. Mince finely, and put it aside. Put the brown skin, the bones, and trimmings into a saucepan with a little salt and pepper, a pinch of grated nutmeg, and a piece of thin lemon-rind. Pour over these as much stock (No. 1 or No. 2 before extract of meat is added) as will cover them, and let the gravy simmer till it is strong and pleasantly flavoured. Strain the sauce, and, supposing there is a pound and a half of meat, stir into it a little more seasoning if needed, half a quarter of a pint of cream or milk, and a small piece of white thickening, or about an ounce of butter rubbed in flour. When the sauce is smooth and thick put in the minced veal, and let it simmer very gently indeed till it is quite hot, but it must not boil or it will be hard. Serve on a hot dish, and garnish with toasted sippets. If brown gravy is preferred to white, the cream must be omitted, and the gravy must be thickened with brown thickening, or if this is not at hand flour and butter may be used, and a few drops of sugar browning be added. An onion with two cloves stuck into it should then be stewed with the gravy, and a glassful of port or claret may be added if liked. Fried rashers of bacon should accompany this dish. Time, an hour and a half to draw the gravy; half an hour to simmer the mince in the gravy.

Veal, Minced, with Poached Eggs.—Cut the lean meat from the bones, and mince it finely with a small portion of lean ham, if it is to be had. Break up the bones, and stew them in as much water, or better still, stock, as will cover them, with a carrot, an onion stuck with two cloves, three or four outer sticks of celery, a bunch of sweet herbs, and a little pepper and salt. Simmer the gravy for an hour or more, strain, skim it, thicken with white thickening, or with flour and butter kneaded together, and add a little milk or cream. Stir the sauce over the fire till it is smooth and thick, pour half of it into another saucepan, and add the minced veal to the remainder. Let it remain on the fire till the veal is thoroughly hot. It must not boil, or the meat will be hard; care must be taken, too, to keep it from burning. Pile the mince in the centre of a dish, lay poached eggs upon it, and garnish it round with small rolls of thin fried bacon. Pour a little of the sauce which was kept aside over the mince, and send the rest to table in a tureen. Time, one hour and a half to stew the gravy.

Venison, Hashed.—A haunch of venison is, as a rule, as far beyond the ordinary person's means as it is beyond the capacity, not so much of the cook, as the generality of kitchen grates. Other parts of the venison are, however, very often sold as cheap as eightpence a pound: such as the breast, &c. The shoulder, too, is cheap.

Cut up some of the meat of a breast of venison, fat and lean together, into pieces about three inches long, one and a half inches wide, and one and a half thick. Have ready a hot jar, and treat the venison in every respect as jugged hare—*i.e.*, fry the outside quickly brown without cooking it. N.B.—Very little fat, very hot fire. Serve fried bread with this hashed or stewed venison as well as red currant jelly.

When venison is eightpence a pound, and the weather favourable for keeping—for venison should be not exactly high, but getting on that

way—this will prove a cheap delicacy. Port wine dregs are as good as the wine itself.

If the venison is in a somewhat pronounced state, wash it with vinegar and water, before cutting it up. Wash it in plain water afterwards.

To keep pieces of venison till they are in condition, choose a cool, *dry* place. Keep it dry and floured all over.

Woodcock, Salmis of.—Take the remains of cold dressed woodcocks, and cut them in neat pieces. Place these in a covered dish, and put them aside till wanted. Remove the gizzards from the trail, then chop it fine, and mix with it a spoonful of bread-crumbs, a small slice of butter, and a spoonful of chopped parsley. Put this also aside. Scrape a carrot, and put the pulp into a saucepan with two shallots, two cloves, a bunch of sweet herbs, six peppercorns, and half a dozen mushrooms, if liked, but these may be omitted. Pour over the ingredients a pint of gravy, and let them simmer for an hour. Strain the liquor, and free it entirely from fat. Bruise the bones and trimmings of the woodcocks, put them into the strained liquor, and simmer till they are quite clean. Take the bones out, and send the gravy and the little pieces of meat that are in it through a sieve, and add a glassful of sherry or Madeira. Put the pieces of woodcock into a saucepan, pour the gravy over them, and let them heat gently by the side of the fire. Of course they must not boil. Toast one or two slices of crumb of bread, and divide them into five or six pieces of the shape of a heart. Spread the minced trail on them, and put them in a hot oven for a few minutes. Place the pieces of woodcock on a dish, pour the sauce over them, and garnish with the heart-shaped croûtons. Time, two to three hours.

Ox-cheek, Stewed.—Wash an ox-cheek thoroughly in lukewarm water, then put it into a large saucepan and let it simmer in sufficient water to cover it for two hours, then take it up, drain it, and put the liquid aside to cool. Remove the thick layer of fat which will collect on the top, and put the liquor back into the pan with the ox-cheek. Let it boil once more, then add a large onion with six cloves stuck in it, a basinful of mixed vegetables cut into small pieces, and consisting of three turnips, three carrots, two leeks, three sticks of celery, two or three sprigs of parsley, a small sprig of thyme, two bay-leaves, a blade of mace, half a teaspoonful of peppercorns, and a little more salt, if required. Simmer two hours longer. Take up the meat, cut it into neat slices. Strain the gravy. Thicken one pint and a half of it with a little butter rolled in flour, and serve the slices in a dish with the sauce poured over them. A glassful of red wine may be stirred into this sauce, or it may be drawn from the fire for a minute or two, and then mixed with the well-beaten yolks of two eggs; or a little lemon-juice may be squeezed over the meat, and the sauce poured over afterwards. Sufficient for half a dozen persons.

CHAPTER XIII.

MEAT PIES AND PUDDINGS.

Paste for Common Pies.—Very excellent pastry may be made with lard or dripping, instead of butter, or with a mixture of lard and dripping. Good beef fat, or suet melted gently down, and poured off before it has had time to burn, is very nearly as good as anything that can be used for making pastry for everyday use. Very palatable pies may be made from the dripping from roast beef, veal, pork—if not impregnated with the flavour of sage-and-onion—or mutton, though the last-named is thought by some to impart a disagreeable flavour of tallow to pastry. The quantity of fat used, of course, will vary according to the richness required, but half a pound of fat to one pound of flour will make a very fair paste, suitable for everyday purposes; and it may be remembered that a rich crust is neither so digestible nor so suitable for many dishes as a substantial light one, and that the lightness of pastry depends quite as much upon a light, quick, cool hand as on a large amount of butter or lard. The addition of a beaten egg or a little lemon-juice to the water, or a teaspoonful of baking-powder to the flour, will make the paste lighter. It should be remembered, however, that though baking-powder is excellent for common pastry that is to be used *immediately*, pies are more likely to get dry quickly when it is used.

Take a pound of flour, and see that it is dry and free from lumps; for this purpose it is best sifted.

Next, if butter is used, squeeze it in a cloth to get rid of any moisture. Mix the paste in as cool a place as possible. For ordinary pies, whether fruit or meat, use half a pound of butter—or butter and lard mixed—or dripping—to one pound of flour. Of course, the more butter, the richer the paste.

Avoid mixing paste in a hot kitchen. A marble slab makes an admirable paste-board. Mix the half-pound of butter, or whatever else is used, into the flour gently and thoroughly, adding a pinch of salt to the flour. If baking-powder is used, add that to the flour first of all.

Then moisten with water, or water and lemon-juice, half a lemon being sufficient for one pound of flour. Roll the whole out three or four times, first flouring the paste-board and roller.

Roll out to the thickness wanted. This is generally a quarter of an inch thick for meat pies, rather less for fruit pies.

A tablespoonful of powdered sugar added to the flour makes the paste into a nice short crust for fruit pies.

Paste for meat pies can be glazed. (*See* GLAZE, p. 180.) For making ordinary paste, butter is best; next, butter and lard, mixed; next, lard; last, dripping. Six ounces of dripping is enough for one pound of flour.

Paste, Puff.—Equal quantities of butter and flour, the yolk of one egg, and a pinch of salt to every pound of flour; a little water. See first that the flour is dry and sifted. Let the butter be well squeezed in a cloth, so as much as possible to extract all moisture from it. The butter must be firm, but not frozen. The slab on which the pastry is rolled must be clean and cool. A marble slab is best. If in winter, no ice is necessary; if in summer, and the day is hot, perfect success cannot be guaranteed without a little rough ice.

Put the flour in a heap on the slab,

and make a "well" in the centre, in which place the yolk of egg, the pinch of salt, about two ounces of the butter, and a little water. Gradually mix in the flour with the rest of the ingredients, using the fingers of the right hand, and taking care gradually to rub the butter into the flour. A little more water must be added from time to time till all the ingredients are thoroughly mixed, after which, the paste should be sprinkled with a little more water, and worked backwards and forwards on the slab for a few minutes. The paste at this period should be soft, smooth, and elastic.

Next take the remainder of the butter, and, after squeezing it, press it flat, and place it on the paste rolled out. The sides of the paste should then be turned up over the butter, so as to completely cover it.

Next shake a little flour on the paste-board and on the paste. Shape the paste square and let it cool for about ten minutes, using ice if in summer, as afterwards directed. This square should measure rather less than a foot each way, say ten inches.

Next place the now cool square on the slab, shake a little flour on the slab, and on the paste as before, and roll the paste out longwise, *i.e.*, don't let it get any wider, but keep the sides in, and make it longer—say two feet long by ten inches wide—and be very particular to keep the edges square; the paste, in fact, must be so rolled that its shape is that of a large long book, not of a long oval tin.

Next fold the paste into three, turn it half round, and roll it out again—still, of course, keeping the edges square. If the weather be hot, it may now be put back into the ice for ten minutes.

Once more roll it out, fold it into three, turn it half round so as to roll it the other way. The paste may be put back into the ice, or left to cool if in winter, three times altogether; and can be rolled out, folded, and half-turned twice or three times between each.

In rolling out the paste, remember, you roll from you. You, so to speak, roll the paste and make it three times taller, without letting it get any wider, being careful to keep the edges square, and not let them get round.

In folding the paste into three, you will generally be able to guess pretty well how to make the three flaps the same size.

In turning it half round, suppose you have folded it into three, and shut up the paste like a book with its back towards you.

In rolling it out next time you turn "the book," as if you were going to open it ready for reading.

Of course these directions are only necessary to absolute novices.

The paste is now ready for use. In making tartlets or cases for cheesecakes, remember, really *good* puff-paste a quarter of inch thick will rise to the height of two inches. When this is the case, you may consider your pastry a success.

In cooling puff-paste in summer, a very little rough ice is sufficient. Have three good-sized tins ready, perfectly clean, about a foot square. Put some pounded ice in the bottom tin, and place a tin on it. Put the folded paste on this tin, and place the third tin—also containing some pounded ice—on the top of the paste. A very little ice is necessary, and the top tin should not be too heavy with ice. The middle tin should be lightly floured.

Thin tins are best; dishes would not "convey heat" quickly enough to cool paste nicely. In "cooling" the paste, the heat is conveyed from the paste, or it would not cool.

Paste, Suet, for Puddings.—Suet paste for puddings is made by mixing chopped suet with flour, and making the whole into a smooth paste with water. The richness of

the paste or crust depends upon the quality and quantity of the suet: the rule being, the more suet the richer the crust. The best kind of suet is the hard beef suet known as kidney suet. For making a good suet crust the suet must be chopped very fine, and you must avoid lumps. Good ordinary crust, fairly rich, can be made by mixing one pound of flour to half a pound of suet. When the flour and chopped suet, in the above quantities, have been thoroughly mixed, the suet being rubbed into the flour with the addition of half a salt-spoonful of salt, mix with it sufficient water to make into a smooth paste. Flour a paste-board, and roll out the paste to the required thickness—for making meat puddings, about a quarter of an inch thick; for fruit puddings, rather less.

For a first-class rich pudding, such as snipe, lark, &c., use three-quarters of a pound of the best beef suet to one pound of flour.

For an ordinary good pudding, meat or fruit, for everyday purposes, half a pound of suet to one pound of flour.

For a cheap plain pudding for children, a quarter of a pound of suet to one pound of flour.

Veal suet and mutton suet will make suet puddings. The hard suet from the inside of the loin of mutton will make a very good pudding, but is not equal to beef suet.

Patties.—Patties are small cases, made of puff-paste, filled with various kinds of forcemeat, which forcemeat gives its name to the patty.

Cooks generally seem to exhibit considerable difficulty in making patties, which are often ordered from the "pastrycook's." These patties consist of the maximum amount of paste with the minimum amount of inside; the so-called forcemeat being sometimes a wafer of some stieky substance, in which the only flavour to be detected is that of anchovy sauce.

Owing to the inferiority of "home ovens," it is often a good plan to order the patty-cases, which cost 1½d. or 2d. each, from the pastrycook's, and to make the inside at home. When this is done, fortunate are those who live within a reasonable distance of a French pastrycook's like those to be found in the neighbourhood of Soho Square. I will, however, give a few directions for making patty-cases. (*See* PATTY-CASES, p. 153.)

Patties, Chicken, Turkey, or Savoury.—Make some rich mince of fowl or turkey (*see* FOWL, MINCED, p. 141), using cream, and, if possible, chopped mushrooms, truffles, and ham, as directed in Mince. Make this hot. Fill some patty-cases (*see* PATTY-CASES), and make hot, and serve. Patties look best when served in a silver dish, with plenty of dark green fried parsley (*see* PARSLEY, FRIED, p. 211) round the base. Four small crayfish can be placed one in each corner of the dish. Any kind of rich forcemeat, such as liver forcemeat (*see* LIVER FORCEMEAT, p. 166), mixed with game or duck, will make nice savoury patties.

Patties, Lobster. — Remove all the white meat from the tail and claws, break up the bones, and stew them, especially the inside part by the head, in a little boiled milk, or, still better, Béchamel sauce. (*See* BÉCHAMEL, p. 24.) Dissolve in the sauce 2 oz. of butter to every half-pint of sauce. Strain off this sauce, and add sufficient lobster butter (*see* LOBSTER BUTTER, p. 55) to make it a bright red colour. Thicken it with white roux (*see* No. 6), till it is rather thicker than double cream. Season with a little cayenne pepper, a few drops of lemon-juice, and a teaspoonful of anchovy sauce. Mix in the meat of the lobster, cut up into small pieces. Make the mixture hot, and fill the

patty-cases with the hot mixture, and make the patties hot in the oven.

Serve in a silver dish; ornament the base with dark green fried parsley and small red crayfish.

Patties, Oyster.—Take a dozen oysters (the blue-points make capital patties), open them carefully so as to catch their liquor, and then scald them in their own liquor (*see* Oysters p. 56), being careful that the oysters do not remain in the liquid a moment after it boils. Take out the oysters, and cut them in two, three, or four pieces, according to their size. Add a little milk, or still better, cream, boiled separately, to the oyster liquor. Strain it. Thicken it with some white roux (*see* No. 6), add some white pepper, and a good brimming teaspoonful of anchovy sauce. The sauce must be thickened till its consistency is rather thicker than double cream. Make this thoroughly hot, then beat up in it the yolk of an egg, and add the pieces of cut-up oysters, a few drops of lemon-juice, and just a "suspicion" of nutmeg. Fill the empty patty-cases with this hot forcemeat. Make hot in the oven, and serve before the patties get so hot that the inside begins to "frizzle," as this would curdle the yolk of egg, and make the pieces of oysters as tough as leather.

Serve the patties in a silver dish, with plenty of dark green fried parsley, and place a small crayfish in each corner of the dish.

Patties, Oyster, from Tinned Oysters.—When fresh oysters cannot be obtained, very good oyster patties can be made cheaply as follows:—Take a tin of oysters, and another of mushrooms. Strain off the liquor, and place the mushrooms on a plate after cutting them into small pieces. Place the oysters in the two liquors, and let the liquor boil away till it is reduced to one-third of its original quantity. Then add some cream, boiled separately, or milk, and rub the oysters through a wire sieve. Thicken with white roux (*see* No. 6); add a brimming teaspoonful of anchovy sauce, or even rather more. Season with white pepper and a little lemon-juice. Oyster patties require a good deal of pepper. Add the pieces of mushroom, make the whole hot, and fill the cases as before. (*See* preceding recipe.)

The insides of these oyster patties should be made rather thicker than when fresh oysters are used. A yolk of egg can also be added, as in fresh oyster patties.

Patty-Cases.—Take some puff-paste (*see* p. 150), and roll it out to the thickness of half an inch, or rather less. Get two circular tin cutters, one three inches in diameter and the other two inches. Cut with the largest cutter some circular pieces of paste. It is best to dip the cutter into water first. Be sure and cut sharply and smoothly. The round pieces of paste must have *sharp* edges, like a large, flat pill-box, and not round ones, like a cheese. Next, take the smaller cutter, and make a slight incision, not quite an eighth of an inch deep, in the top of each piece of puff-paste, making a small cut in each piece, surrounded by a rim half an inch wide. This is simply a round stamp; no paste is removed. Put the pieces of paste in a brisk oven, and bake. The paste, if good, will rise to the height of three inches. Each piece will have a lid on the top two inches in diameter. This must be lifted gently off when nearly cold. The white paste inside the patty must be carefully scooped out, and the lid can be replaced when the patty-case has been filled.

This shape will be found far preferable to the old-fashioned one of the

rings of pastry of different sizes, surmounted by a round uneatable knob.

In filling the cases, always remember to make the forcemeat thoroughly hot *first*, and to put this hot forcemeat into the cold case; then the patties can be made hot in the oven quickly. Were the patties filled with cold forcemeat first, and then made hot, the result would be that the pastry would be dried up and spoilt before the insides got hot through.

Sometimes, when patties are ordered from the pastrycook's, the cook warms them up just as they are. In this case, you will often find the pastry hot, while the "wafer of anchovy something" is quite cold.

Should any filled patties be left, and should you want to warm them up for the next day, lift off the tops, and scoop out the inside. Make this inside hot—say, in a saucer in the oven—put the cases, moist, inside the oven for two or three minutes, then fill up with the hot forcemeat, and place on the puff-paste lids.

Pie, Meat, Good Ordinary.—Cut some ordinary beef steak, or fillet steak, or rump steak into pieces about an inch thick, an inch wide, and three inches long. Take a frying-pan, and place in it a small piece of fat or butter. Make this *very hot*, and quickly brown the outside of these pieces of meat without cooking them. In order to do this, you must get the frying-pan very hot indeed, and only have very little fat or butter in it. Each piece of meat should be brown outside in a few seconds, while it is blue in the middle. Place these pieces of meat in a pie-dish. Have ready a little No. 2 Stock, and pour into the frying-pan about sufficient to make enough gravy to cover the meat in the pie. After frying the meat, some dried-up gravy will be left in the frying-pan, very much like extract of meat, which should not be wasted; therefore stir up the stock in the frying-pan, scraping it with a spoon. Pour this gravy over the meat in the pie-dish. Add, for an ordinary-sized pie-dish that will take a couple of pounds of steak, a piece of onion, chopped fine, as large as the top of the thumb down to the end of the nail, a teaspoonful of salt, and another teaspoonful of black pepper (a meat pie requires a great deal of pepper), also about a teaspoonful of chopped parsley. Cover with either ordinary or puff paste, and bake in the oven for about an hour and a half.

N.B.—In covering with paste (*see* PASTE) act as follows:—Roll out a thin strip of paste, an eighth of an inch in thickness, and cover the rim of the pie-dish from the outside edge to about a quarter of an inch down the dish, greasing the dish with a little butter where the strip will go. Moisten the surface of this rim with a little water. Next, cover the pie over with some paste, rolled out about a quarter of an inch thick, piling up the meat in the centre to support the crust. Press the crust round gently on to the other rim, and then cut round with a knife outside the edge, keeping the knife perfectly upright or perpendicular as you cut, thus trimming the two pieces of paste neatly together. Next, crimp the edge with an ordinary fork, using the tips of the fork—about a quarter of an inch of them—for the purpose; but, in doing this, do not push away the paste from the edge of the dish. Make an opening in the top of the paste—*i.e.*, the top of the pie—with a knife, so that the steam can escape in baking. The paste can be glazed with a yolk of egg. (*See* GLAZE, p. 180.)

Every kind of ordinary meat pie is made on the above principle. The pie can be improved as follows:—One or two sheep's kidneys can be added, after being cut into quarters and browned with the meat. One or

two eggs may be boiled hard, cut into slices, and added to the pie. A few oysters, with their liquor, are a very great improvement; so are a few mushrooms.

If you do not brown the meat, but put it in raw, the pie will have a "boiled meat" look about it. If it has not, it will probably be because you had not sufficient gravy, and the meat has been baked dry and black in the dish because it was not covered over.

Water can, of course, be added instead of stock, but the gravy will not be so good.

If you want a meat pie cold for lunch, or for a picnic, dissolve sufficient gelatine in the gravy to insure its being a jelly when cold. (*See* JELLY, p. 225.) Also fill the pie quite full, after it has cooked, through the opening in the top, with gravy just on the point of setting.

Pie, Pigeon or Game.—Proceed exactly as in making an ordinary meat pie. Cut the pigeons into halves, and allow one pigeon to every pound of steak. Pack the steak round the pigeon, and also allow one hard-boiled egg to each pigeon. A few slices of raw ham or bacon, cut thin, are an improvement. This should be placed on the top next the crust.

In making a game pie from the remains of pheasant, grouse, ptarmigan, partridge, hare, &c., mixed with steak, proceed exactly as in making ordinary pigeon pie, mixing the game with the steak. In addition, however, to the teaspoonful of black pepper, add a saltspoonful of spices, obtained as for liver forcemeat. (*See* LIVER FORCEMEAT, p. 166.)

Pie, Veal and Ham.—As this pie should look white when cut, the veal is not browned. Allow about a quarter of a pound of ham or bacon to every pound of veal. Lay the veal, cut into pieces the same size as steak for an ordinary pie, at the bottom of the pie-dish, cover with a layer of bacon and ham, cut thin, then a layer of veal and another of bacon, and thus fill the dish. Add a teaspoonful of chopped parsley, mixed with half a one of mixed sweet herbs, also a teaspoonful of salt and another of black pepper, and a piece of chopped onion as in an ordinary pie. Let the top layer be fat ham or bacon. Cover the meat with Stock No. 2, and cover the pie with paste. (*See* PASTE and directions on last page.) Bake in the oven for an hour and a half. A very little nutmeg, and one or two thin slices of lemon-peel, not bigger or thicker than the little finger nail, can be added to the pie. A few hard-boiled eggs and one or two mushrooms are a great improvement. Veal and ham pie requires a great deal of gravy, and it is always best to have a little stock ready to pour in after it is baked, to fill it up. Pour in the gravy hot at starting.

A little veal-stuffing can be added to a veal and ham pie, especially if the pie is to be eaten cold, when it is a great improvement. This pie hot is somewhat rich.

Australian Meat Pie.—Warm the tin; strain off the jelly. Place this in a saucepan with six beads of garlic, and let it boil gently for ten minutes. Take out the garlic. Add a teaspoonful of salt, two of black pepper, a pinch of cayenne, and half a grated nutmeg. Mix the meat thoroughly in this gravy, and put it in a pie-dish. Cover with a crust (*see* PASTE FOR PIES), and bake till the pastry is done. Take it out of the oven, and let it get cold.

This pie must be eaten cold, and not hot. If the jelly were insufficient to moisten the meat, some water, or still better, stock, should be added.

Australian meat lacks flavour, and requires vigorous treatment, as above.

Should such a strong flavour of garlic be objected to, put in less, or an onion, but garlic is best.

Beef Steak Pie with Oysters.—Three pounds of rump steak will make an excellent pie. Get beef that has been hung for some days, so that the beating process may not be required. Make a seasoning with two shallots, half an ounce of pepper and salt mixed together, a very little cayenne and pounded cloves, and a tablespoonful of flour as a thickening for the gravy ; divide the meat into pieces of two and a half inches, brown them quickly in a frying-pan, put a layer in the dish with the seasoning equally distributed, and some large oysters, parboiled and bearded, in alternate layers, till all is used up. Reduce the liquor of the oysters, take equal quantities of it and good gravy to make half a pint, pour it into the pie, and cover with the paste. Bake for two hours or more. Sufficient for seven or eight persons.

Calf's Head Pie.—An excellent pie may be made of calf's head. Take one properly prepared, and boil it until the bones can be taken out. Line the edge of a large pie-dish with a good, light crust, put in the pieces of meat, the tongue at the top, season it with salt, pepper, and a little nutmeg, pour over it a cupful of the liquor in which the head was boiled, cover it with a thick crust, and bake in a good oven until nicely browned. While it is baking put the bones of the head in a saucepan, with a quart of the liquor, a little grated nutmeg, an onion chopped small, and half a saltspoonful of cayenne pepper. Let it simmer gently until it is reduced to half, then strain it, and add two tablespoonfuls of mushroom ketchup and a glass of port. Mix the brains with three or four sage-leaves—chopped small—a little nutmeg grated, and an egg. Make them up into little cakes, and fry them in hot frying-fat until they are nicely browned. Put them in the oven to keep warm, with a sheet of blotting-paper under them to drain off the fat. Have ready also four or five hard-boiled eggs. When the pie is sufficiently cooked, take off the crust, and lay the brain-cakes and the eggs, cut into rings, on the top ; pour the boiling gravy over all, and fasten the crust on again with the white of an egg before sending the dish to table. Time to bake, an hour and a half or more. Sufficient for eight or nine persons.

Chicken Pie.—Take two large chickens, and cut them into neat joints. Put the trimmings of the back, &c., the neck, and bones of the legs into a stewpan, with some pepper and salt, a little powdered nutmeg, an onion, a bunch of savoury herbs, and a little water, or stock. Let these simmer gently for one hour and a half. They are to make gravy. Line the edges of a pie-dish with a good crust. Put a layer of chicken at the bottom, then a layer of ham cut in slices, and over that some sausage-meat or forcemeat, and some hard-boiled eggs cut in slices. Repeat until the dish is full. Pour over all a cupful of water or white stock, and place a cover on the top. Brush over it the yolk of an egg. Bake in a good oven. When the pie has been in the oven about half an hour, place a piece of paper over the top to prevent the crust from being frizzled up before the meat is sufficiently cooked. When it is ready raise the cover, or make a little hole in the top under the centre ornament of crust, and pour in the gravy made from the bones. Put a trussing-needle into the pie to ascertain whether it is sufficiently cooked. If it goes through easily, take the pie out. A pie made with two chickens, sufficient for six persons.

Devonshire Squab Pie.—Take two pounds of chops from a neck of mutton. Cut them short, and pare away some of the fat. Peel, core, and slice about two pounds of well-flavoured sour apples. Put a layer of them in the bottom of a pie-dish with a little sugar, and a sprinkling of ground allspice. Place the chops next, and season with salt, pepper, and finely-chopped onion. Continue with alternate layers of apples and meat till all be used up. Make an ordinary meat crust, line the edges of the dish, and cover over the top, adding a quarter of a pint of gravy. Bake in a moderate oven one hour and a half. Sufficient for six or seven persons.

Eel Pie.—Having skinned and cleansed two pounds of large-sized eels, divide them into pieces of two or three inches in length. Cut off the heads, tails, and fins, and boil them with a little lemon-peel, a shallot, a little grated nutmeg, and as much of veal or mutton broth as will cover the eels in the pie-dish. Thicken with butter and flour, and add the juice of half a lemon. When strained and cool, throw the broth into the pie-dish over the eels, and sprinkle them with pepper. Cover with puff paste, and bake till the crust is a nice brown.

Fish Pie.—Fish pies are best made with cooked fish. Take turbot, salmon, brill, haddock, trout, or any kind of fish; take off the skin and remove the bones. Cut the flesh in large scallops, cover the bottom of the dish with Béchamel sauce, and on this place the fish in layers, seasoning each layer with pepper, salt, nutmeg, chopped mushrooms, shallot, parsley, and hard-boiled eggs; throw in a little more sauce; fill up with the fish and seasoning. Cover with puff paste. Time, three-quarters of an hour to bake.

Giblet Pie.—Stew a set of goose-giblets, or duck-giblets, after scalding them in a little No. 2 Stock with about a teaspoonful of mixed sweet herbs. (*See* HERBS, p. 167.) This will take a couple of hours, very likely, before they are tender. Take them out, strain off the stock, remove the grease, make a meat pie (*see* PIE, MEAT) with the giblets and some beef steak, using the stock in which the giblets were stewed for gravy. A piece of onion, the size of the top of the thumb, can be chopped up and put in the gravy. Add also a teaspoonful of chopped parsley, and plenty of black pepper and a little salt.

Hare Pie.—Skin the hare, cut it into convenient-sized joints, season these with pepper and two pounded cloves, and fry them in hot butter for ten or fifteen minutes, then put them aside to cool. Pound the liver in a mortar with four ounces of bacon, a shallot, finely minced, a teaspoonful of parsley, a teaspoonful of thyme, and half a teaspoonful of pepper. Whilst pounding add the blood till the forcemeat is of the proper consistency, or, if blood is not liked, a glass of port or the yolk of an egg may be substituted. The head, trimmings, and inferior parts may be stewed for gravy, with the same seasoning which would be used for jugged hare. Line the edge of a pie-dish with good crust, arrange the hare and the forcemeat inside it in alternate layers, cover the whole with thin slices of bacon, and pour over it half a pint of the gravy, to which has been added a teaspoonful of red currant jelly, and, if liked, a glass of port. Bake in a good oven and serve hot. Time, an hour and a half to bake. Sufficient for eight or ten persons.

Kidney Pie (for breakfast or luncheon).—Take four veal kidneys, and half its bulk in fat with each.

Cut them into slices a quarter of an inch thick, season rather highly with salt and cayenne, and add half a teaspoonful of grated nutmeg for the whole. Cut the meat from a calf's foot previously boiled, and season it in the same way. Place a layer of kidney at the bottom of a pie-dish, strew over it two ounces of finely-minced ham, and lay on this the slices of calf's foot. Repeat until the dish is nearly full. Put the hard-boiled yolks of six eggs and half a dozen forcemeat balls at the top, and then pour over them a quarter of a pint of veal stock, flavoured with lemon-juice. Line the edges of the dish with a good crust, cover it with the same, and bake in a moderate oven. Though forcemeat balls are an improvement to the pie, they may be dispensed with. They are made as follows:— Strain ten or twelve oysters from their liquor, or a tin of oysters will do, mince them very finely, and mix them with four ounces of finely-grated bread-crumbs, a tablespoonful of chopped parsley, half a teaspoonful of grated lemon-rind, and a little salt, cayenne, and nutmeg. Mix these ingredients thoroughly. Bind them together with the unbeaten yolk of an egg and a little of the oyster liquor, make them into balls, and they are ready for use. This pie, which is generally a favourite, should be eaten cold. A good pie may be made with cold kidney, and a few slices of the kidney-fat from a cold loin of veal, instead of fresh kidneys.

Lark Pie (to be eaten hot).— Take a dozen larks, empty them, cut off their heads, necks, and legs, roll them in flour, fill them with a forcemeat made of four tablespoonfuls of finely-grated bread-crumbs, half a tablespoonful of chopped parsley, the rind of a quarter of a lemon, finely minced, a small saltspoonful of salt, and half a saltspoonful of pepper. Place three or four slices of bacon and three or four slices of lean beef at the bottom of a pie-dish; put the larks upon them, and strew over them half a teaspoonful of pepper, a tablespoonful of parsley, a shallot cut into small pieces, and a little salt, if required, but this will depend upon the condition of the bacon; have a layer of thin bacon on the top. Pour half a pint of weak stock over the whole, line the edges with a good crust, cover the dish with the same, and bake in a moderate oven. Time to bake, from an hour and a quarter to an hour and a half. Sufficient for six or seven persons.

Leicester Pie. — Take three pounds of pork, fat and lean together. Cut it into pieces two inches long and an inch and a half wide, season these with pepper and salt and powdered sage, and put them aside. Mix a teaspoonful of salt with a pound of flour. Stir into it with a knife four ounces of lard, dissolved in half a pint of hot water, roll it out, line a greased tin mould with part of it, put in the pieces of pork, place the lid on the top, and fasten the edges securely. Bake in a moderate oven. The greatest expedition should be used, as this pie should be put in the oven warm. Time to bake, about three hours.

Mutton Pie.—Cold mutton, especially when under-done, makes a very nice pie. Cut the mutton in slices, using the bone to make Stock No. 2. Put the meat in a pie-dish, and lay it in alternate layers with some potatoes sliced thin. Season with a piece of onion as big as the top of the thumb, chopped fine, a pinch of mixed sweet herbs, a little chopped parsley (about a teaspoonful), some pepper and salt; cover with some good stock, make an ordinary crust, cover, and bake. If the stock is good, and sets into a jelly, this pie

is very nice cold for breakfast or lunch. A sheep's kidney sliced and added is a great improvement.

Partridges, Pie of.—Pluck, draw, and singe three young partridges, and divide them into halves, lengthwise. Mince the livers finely, and mix with them a teaspoonful of chopped parsley, a saltspoonful of salt, half a saltspoonful of pepper, two tablespoonfuls of bread-crumbs, and as much powdered nutmeg as will cover a threepenny-piece; put the forcemeat into the birds, and a piece of fresh butter, the size of a walnut, in each half. Butter a shallow pie-dish, and line the edges with a good crust. Lay a slice of lean beef at the bottom, and season lightly with salt, pepper, and powdered nutmeg. Wrap the birds in thin slices of fat bacon, pack them closely, breast downwards, upon the beef, and pour over them a quarter of a pint of good stock; have a layer of thin bacon at the top. Cover the dish with the pastry, ornament it prettily, brush it over with beaten egg, and bake in a moderate oven. This is a savoury dish, suitable either for breakfast, supper, or luncheon. Time to bake, one hour and a half. Sufficient for five or six persons.

Pork Pies. — Pork pies are generally made of the trimmings taken from a hog when it is cut up. Make and shape the pies according to the directions given in the following recipe, and remember that the pies must be moulded while the paste is warm, and that they are much more easily made with a mould than without one. As a mould is not always at hand, those who are not particularly experienced in the work (and it requires skill) may mould the pie round a jelly-pot or bottle, which has been made warm by being immersed for some time in warm water. Cut the meat into pieces the size of a small nut, and keep the meat and fat separate. Season the whole with pepper, salt, and half a dozen young sage-leaves finely shred; or a teaspoonful of dried and powdered sage, one ounce of salt, two and a quarter ounces of pepper, and a pinch of cayenne, may be allowed for a pie containing three pounds of meat. Pack the fat and lean closely into the pie in alternate layers till it is filled. Put on the cover, press and pinch the edges, and ornament according to taste. Brush over with well-beaten egg, and bake in a slow oven, as the meat is solid and requires to be cooked through. Neither water nor bone should be put into pork pies, and the outside pieces will be hard unless they are cut small and pressed closely together. The bones and trimmings of the pork may be stewed to make gravy, which should be boiled until it will jelly when cold, and when this has been nicely flavoured, a little may be poured into the pie after it is baked through an opening made in the top. When pies are made small they require a quicker oven than large ones. Time to bake, about two hours for a pie containing three pounds.

Raised Pies.—Raised pies may be made of any size and with almost any kind of meat, poultry, or game, the only indispensable requisite being that there shall be no bone in them. They are usually served cold, and should be rather highly flavoured. The pastry of small pies is generally eaten, but with large pies it is merely used as a case in which to serve the savoury preparation inside. There is no difficulty in making the pastry for raised pies, but inexperienced cooks are sure to find it difficult to raise the walls of the pie. The process is much easier of accomplishment if a tin mould is used. Raised pies should be baked in a well-heated but by no means brisk oven, and if there is any danger of the pastry being too highly coloured, a buttered

paper should be laid over it. In order to ascertain whether or not the pie is done enough run a skewer into the middle of it, and if it is tender throughout it is done. When the appearance of the pie is a consideration, it is a good plan to cut the top carefully out, and cover the meat with bright, stiff, aspie jelly cut into dice. If this is not done, however, a little good bright gravy which will form a jelly when cold should always be poured into the pie through the hole at the top whenever it is taken out of the oven. In summer time it is safer to stiffen this with a little dissolved isinglass. Aspie jelly can be obtained in bottles.

Potatoe Pie.—Potatoe pie is generally made from the remains of cold meat and potatoes, baked in the oven. (*See* MUTTON PIE.) Sometimes the pie is covered with a paste, sometimes the top layer is potatoes. Thin slices of onion mixed with the potatoes are a great improvement. The potatoes, as much as possible, should be kept moist with fat. In breaking up the cold meat bone to make stock for gravy for the pie, take care of whatever marrow there is, and add it to the potatoes. Small pieces of suet or dripping can also be placed on the top of the potatoes.

One nice way of using up the remains of paste when there is not enough to cover the pie is to line the edges of the pie-dish only, and pile up the potatoes in the middle. Never let any meat be at the top. There should always be enough stock to keep the meat moist.

The potatoes can soak up the grease and get browned. Chopped parsley may be added to the pie as well as ketchup. Add plenty of black pepper.

Rabbit Pie.—The rabbit should be parboiled, and cut up into joints, and placed in a pie-dish, with sufficient stock or water to cover it; the water in which it was boiled would do. Place thin slices of bacon or pickled pork in with the rabbit, a few scraps of cold veal, a little chopped parsley and onion, season with salt and pepper, cover with a paste and bake. (*See* PIE, MEAT.) This is an ordinary, quick, and common way of making rabbit pie. A far better way, so that it can be eaten cold like game pie, is as follows:—

Rabbit Pie, Cold, as Game Pie.—Take an ordinary-sized rabbit, parboil it for twenty minutes, cut the meat from the bones, and let the bones help to make a Stock No. 2, which will be a jelly when cold. Take half a pound of calf's liver and half a pound of bacon, and make some liver forcemeat (*see* LIVER FORCEMEAT, p. 166), only seasoned with double the quantity of the herbs and spices there given. Cut up half a pound of rather lean ham or bacon into small pieces, and place the flesh of the rabbit, the liver forcemeat, and the bacon, in a pie-dish. Press the meat slightly together and nearly fill the dish. Pour in the stock, which must make a jelly when cold. Cover the pie with puff-paste. (*See* PASTE, PUFF.) Bake in the oven for nearly an hour. When baked pour in gradually through the hole in the top some more stock, so as to fill the pie up to the crust with gravy. This can be poured in when the gravy is nearly set. Serve cold. The stock must be rather highly flavoured with onion, or, still better, garlic, and black pepper. This is very much like good game pie.

Shepherd's Pie.—Take two pounds of the best end of a neck of mutton, cut it into chops, trim these neatly, remove all superfluous fat, add pepper and salt, put them into a stew-pan with a small quantity of water, and let them stew gently for

half an hour. Boil and mash three or four pounds of good potatoes. Line a buttered pie-dish with them, put in the meat and gravy, and shape a crust over the top with the remainder of the potatoes. Bake in a good oven for half an hour. If the pie is not nicely browned, hold a red-hot fire-shovel over it for a minute or two. This pie can be made from the remains of cold meat cut up with gravy or stock added. Sufficient for five or six persons.

Rook Pie.—Young rooks make an excellent pie, added to steak. The best part of the rook is the breast, but the wings and legs can be eaten. Never, however, put in the back. The rook had better be stewed gently for a couple of hours in some good gravy, then added to the pie. (*See* PIE, PIGEON.) Rook pie requires plenty of black pepper and hard-boiled eggs. Proceed exactly as in making pigeon pie, substituting stewed rook for pigeon.

Vegetable Pie.—Scald some Windsor beans. Cut into small neat pieces some young carrots, turnips, artichoke bottoms, lettuces, mushrooms, celery, and parsley, with green peas. Onions and a small quantity of spinach may be added if liked, but any of these may be omitted. The proportions should be regulated by taste and convenience. Partially stew the vegetables in gravy, and season with pepper and salt. Trim the edges of a dish with pastry, put in the vegetables, pour the gravy over them, and place the cover on the top. Bake the pie in a moderate oven. If a maigre dish is wanted, cream, or milk slightly thickened with flour and butter, may be used instead of gravy.

Venison Pasty. — Venison pasty or pie can be made from breast of venison, often to be bought at eightpence a pound. What it requires is:—first, plenty of good brown gravy that will cover the meat entirely, and which will be a jelly when cold; secondly, to every two pounds of venison, have half a pound of liver forcemeat (*see* LIVER FORCEMEAT, p. 166), and half a pound of ham cut in slices. Cut the venison in slices, lay it in a pie-dish, placing a thin layer of forcemeat over each piece, as well as a slice of ham, thin. Let the top layer be fat ham, cut very thin. Season with a saltspoonful of the mixed herbs similar to those you used to make the forcemeat, and plenty of black pepper. Add to the above quantity four hard-boiled eggs cut in slices. Fill the dish as high as possible, cover to the brim with gravy, and bake for an hour and a half without a crust, keeping it covered with gravy, and, say, a vegetable-dish cover. Take it out, let it get nearly cold, then cover with some puff-paste, glazed with egg, and bake for another hour and a half. Take it out, and let it get cold. Fill the pie through a hole in the top with gravy nearly set to a jelly. Do this gradually till the jelly reaches the crust. This is an excellent cold game pie. In hot weather, add some gelatine to the gravy to make it set hard.

Yorkshire Pie.—A true Yorkshire pie, such as constitutes a standing dish during the Christmas festivities at the hospitable board of a Yorkshire squire, is simply a raised pie filled with poultry and game of different kinds, put one inside the other and side by side. These pies are sometimes made of a large size; and it is recorded that one of them, which was sent from Sheffield in 1832 as a present to the then Lord Chancellor Brougham, broke down on account of its weight. Yorkshire pies require both skill and patience for their manufacture. They are not common, and are becoming less

and less so; nevertheless, when successfully made they form a most excellent dish, and one sure to be highly appreciated. Turkey, pheasants, ducks, fowls, grouse, snipes, and tongue; any or all of these may enter into their composition. Whatever birds are used should be boned and partially stewed before being put into the pie: the smallest of them should be filled with good, highly-seasoned liver forcemeat; a layer of forcemeat should be placed at the bottom of the pie, and all the vacant places filled with the same.

Pudding, Meat. — A meat pudding is simply meat and gravy surrounded by a suet crust and boiled. Sometimes the meat pudding is boiled in a basin tied over with a cloth, and sometimes it is boiled in a cloth without a basin. In the latter case, the pudding crust will swell more, and, when cut, there will not appear to be quite enough meat for the crust. Still, for an "economical" children's dinner, a meat pudding boiled in a cloth without the basin is preferable to one boiled in the basin.

We will suppose the contents of the pudding to be two pounds of beef steak. Cut up into pieces about two inches long, an inch wide, and an inch thick (N.B.—A quarter of a pound of this steak should be fat), a teaspoonful of salt, a teaspoonful, or rather less, of black pepper, a teaspoonful of chopped onion and parsley—half of each—some stock No. 2, or some water.

First, to boil in the basin:—

Make some suet paste for puddings of the richness required (*See* PASTE, SUET, FOR PUDDINGS); roll it out to about a quarter of an inch thick. Take a basin with a thick rim. Line this basin, after buttering it, with the rolled-out paste. Trim it round the edge with a floury knife, so that the edge of the paste rests on the edge of the basin fully, but without hanging over. Fill this well of paste in the basin with the meat, chopped onion and parsley, pepper and salt, and fill up with the stock or water. Roll out a piece of paste big enough to cover over, wetting the edge of the paste on the rim of the basin first to make it stick. When the cover of paste has been put on, cut round the outside of the basin, and trim off the spare paste with a floury knife, and pinch the two pieces of paste together with the fingers. That is, pinch together the top and the edge of the paste first put into the basin, so as to make the two join. Next, flour a cloth, and cover over the top of the basin. This flour will prevent the cloth sticking to the paste. Tie the cloth tight with a string round the rim of the basin, twisting the string round and round two or three times. Then bring up the cloth again, and tie it together so that the basin hangs. Boil the pudding in the basin, in plenty of boiling water, for three hours. When done take out the pudding, untie the cloth, and take it off, and turn out the pudding on to a dish. The pudding is none the worse for breaking a little. If possible, add a little more boiling stock to the pudding in the dish.

To boil in a cloth without the basin. Take a pudding-cloth, flour it, and place it in a basin. Roll out the paste, and place it in the cloth in the basin. Fill the paste in the cloth as before, then add the ingredients, and cover the pudding with a top, proceeding in every respect as if the cloth did not exist between the basin and the paste; then gather up the outside flaps of the cloth, flour them, bring them over the top, and tie them tight round with a string, still leaving room for the pudding to swell. Lift the pudding in the cloth lightly out of the basin, holding the cloth where

it is tied together. Plunge it into a saucepan of *boiling* water, and let it boil for about three hours. When done, take it out, let it drain for a few minutes, then untie the cloth and turn out the pudding on to a dish, adding, if possible, a little more boiling stock No. 2. (N.B.—Put a saucer in the saucepan for the pudding to rest on; this will prevent its sticking and burning.)

Puddings, Meat, Various.—In the above pudding I recommended two pounds of beef steak (a quarter of a pound of which should be fat), one teaspoonful of pepper, one of salt, and one of equal parts of chopped onion and parsley, also some stock No. 2. Of course, as the gravy of a meat pudding forms a most important part of it, the better the stock the better the pudding; still, a great deal of the goodness of the meat will add to the richness of the gravy in boiling. To the above may be added for better puddings one or two sheep's kidneys cut up, or some bullock's kidney, but sheep's are far better; also a dozen oysters, with their liquor, and one or two fresh mushrooms. Also larks or snipe, the former whole, the latter cut in halves. In this case, always try and add half a saltspoonful of the mixed spices used in making liver-forcemeat (*see* LIVER FORCEMEAT, p. 166), also a little liver forcemeat can be put inside each lark and each snipe.

Beef Steak and Kidney Pudding.—Take one pound of rump steak, beat and cut it into long strips for rolling, or, if preferred, in pieces about half an inch square. Season well with pepper and salt, and dredge over it a little flour; cut half a pound of beef kidney into thin slices, season in the same way, and lay it with the beef into a basin lined with a good suet paste, about half an inch thick; throw in a little water or stock and close over the top securely with paste. Let it boil three hours, and keep the saucepan well filled up all the time. A few mushrooms or oysters (a tin of oysters will do) may be put into the pudding, and will be a very great improvement. Sheep's kidneys are still better than bullock's. Sufficient for three or four persons.

Kidney Pudding.—Cut the hard core out of the centre of an ox kidney, and divide the meat into pieces an inch square. Season these with pepper and salt; and, if liked, add an onion and two ounces of beef suet, finely minced. Make some pastry, with three-quarters of a pound of flour, half a pound of good dripping, and as much water as is required. Roll it out, line a pudding-basin with it, and put in the slices of meat. Pour over them a tea-cupful of cold water, place a cover of pastry on the top, pinch the edges securely, tie the pudding in a floured cloth, and plunge it into boiling water. Boil quickly. Turn the pudding out when cooked enough, and serve very hot. Time, three hours to boil. Sufficient for four persons.

Larks in Batter Pudding.—Mix six tablespoonfuls of flour very smoothly with four tablespoonfuls of water, four well-beaten eggs, and a pint of milk. Add a teaspoonful of salt and half a teaspoonful of pepper. Grease a pie-dish thickly, pour in the batter, and put into it half a dozen larks, which have been picked, cleaned, and trussed, with a slice of bacon fastened round each. Bake in a good oven. Time to bake, two hours. Sufficient for five or six persons.

Pork Pudding.—Line a well-buttered basin with good suet crust. Fill it with alternate layers of pork cut into neat slices and pork sausage meat, and allow double the weight of

pork to that of sausage meat. Put a little pepper and salt, a chopped onion, and half a dozen sage-leaves finely shred with the meat, and add two or three spoonfuls of gravy made from the trimmings. Put on the cover, fasten the edges securely, tie the pudding in a floured cloth, plunge it into boiling water, and keep it boiling until it is done enough; then turn it out carefully, and serve on a hot dish. Time to boil a moderate-sized pudding, about three hours.

Rabbit Pudding. — Skin, empty, and wash a rabbit, and cut it into ten or twelve pieces. Make a little gravy by stewing the head, the liver and trimmings, and a little lean bacon in stock or water, and season this with salt, pepper, and grated nutmeg. Line a buttered basin with good suet crust. Lay in the pieces of rabbit (first seasoning each one separately, with a little pepper, salt, and cayenne), and put with them three or four ounces of bacon cut into strips. Pour over them a tea-cupful of the stock, and be careful to let it cool before using it. Put the cover on the top, press the edges closely together, and tie the pudding in a floured cloth which has been wrung out of boiling water. Put it into fast-boiling water, and let it boil quickly until done enough. Time to boil, three hours. Sufficient for five or six persons.

Sausage Pudding.—Line a moderate-sized pudding-basin with good suet crust; fill it with one pound of fresh pork sausages which have been scalded and have had the skins removed, and pour over it a sauce made as follows:—Mince an onion, and fry it with three or four sage-leaves in butter till the onion begins to turn yellow. Dredge a dessertspoonful of flour over it, and pour upon it two or three tablespoonfuls of good stock. Stir the sauce over the fire till it boils, season with salt and cayenne, let it cool, and strain it over the sausages. Cover the pudding with the pastry with which the dish was lined. Tie it in a pudding-cloth, plunge it into boiling water, and boil quickly till the pudding is done enough. Turn it upon a hot dish, and send brown gravy to table with it. Time to boil the pudding, an hour and a half.

Snipes, Pudding of.—An excellent pudding may be made with snipes and woodcock, as well as with small wild fowl of various kinds. Pluck and singe a brace of snipes, and divide them into halves. Take away the gizzards with the point of a knife, and leave the trails untouched. Season the birds with salt and cayenne. Line a pudding-basin with suet crust. Lay in it a slice of rump steak seasoned with pepper and salt only, put in the snipes, and place upon them another slice of rump steak. Pour upon the meat a quarter of a pint of good gravy, cover with pastry, press the edges together with the finger and thumb, and steam or boil the pudding till done enough. Turn it out carefully, and serve very hot. A few slices of truffle may be added to the pudding or not. Time to boil the pudding, two hours and a half. Sufficient for four or five persons.

Toad in the Hole.—Make a batter with some milk, flour, and one or two eggs, as thick as double cream. (*See* BATTER, p. 175.) Put two pounds of beef steak, cut into pieces about three inches long and one and a half wide, and an inch thick, into a *hot* buttered baking-dish; season the pieces of meat with a little salt and pepper sprinkled over them. Pour the batter into the *hot* dish, and bake it in the oven for one hour and a half.

The remains of cold meat can be cooked this way. Unless the cold meat is underdone, and contains red juicy gravy in it, it will be very insipid.

Eggs are not absolutely essential to the batter, but are of course a very great improvement.

Rolls, Sausage.—Take sufficient sausage meat for each roll as would make a small sausage. If sausages are used for the purpose, the meat must be taken out of the skin. Enclose the meat formed into the shape of a small sausage in some pastry (puff paste is best) rolled out about six inches square and an eighth of an inch thick. Pinch the edges securely, and then bake the roll on a baking sheet in a well-heated oven. They may be served hot or cold. Or take equal weights of cold-dressed chicken and tongue, or cold roast veal and ham. Mince the meat finely, and season well with salt, cayenne, and powdered sweet herbs. The latter may be omitted, if liked. Press the mince together, and enclose it in a puff paste, or good pastry that is large enough to contain it. Bake in a well-heated oven. These rolls are especially adapted for pic-nic parties. Time to bake, half an hour for fresh meat. If much meat is placed in the roll at starting, it should be partially cooked beforehand, as otherwise the pastry will be burnt or get too hard before the meat is thoroughly cooked.

Yorkshire Pudding.—Make a batter of two tablespoonfuls of flour, one egg well-beaten up, a pinch of salt, and sufficient milk to make the batter of the consistency of double cream. Get a baking-tin about one and a half inches deep. Pour a little dripping into the tin, which must be thoroughly greased: the dripping should be nearly an eighth of an inch deep in the bottom of the tin. Put this tin into a fierce oven, and make it *very hot*. Pour the batter into it while it is very hot, and bake for about thirty minutes. The pudding should be cut into squares, and served with hot roast beef.

Peas Pudding. — Take a quart of split peas. Soak them overnight in some cold water. Those that float are bad, and should be thrown away. Tie the peas up in a cloth, leaving room for them to swell. Boil till tender—about two hours or more. Take them out; rub them through a colander; or, better still, a wire sieve; mix in a couple of ounces of butter or dripping, and add some pepper and salt. Stir it well up. Flour the cloth, and tie it up again, and boil it for half an hour or an hour longer; then turn it out, shape it as liked, and serve it with boiled pork, boiled bacon, boiled beef, &c. To make the peas pudding richer, one or two eggs can be added to it after it has been sent through the colander or sieve. The remains of cold potatoes can be added.

CHAPTER XIV.

FORCEMEAT OR STUFFING, SAUSAGE MEAT, RISSOLES, CUTLETS, SWEETBREADS, ENTRÉES, ETC.

Liver Forcemeat.—Take half a pound of calf's liver, cut it into small pieces, and fry it with an equal quantity of fat ham or bacon; also cut up two beads of garlic or a slice of onion. Season as follows:—Take a bottle of mixed sweet herbs, and turn some out into a fine sieve; shake the sieve over a sheet of paper till nearly half a saltspoonful of dust has fallen through; add to this some grated nutmeg, and if possible a little powdered bayleaf. When you have a saltspoonful in all, add this to the liver and bacon in the frying-pan, with about half a saltspoonful of cayenne pepper. If you have any aromatic herbs by you (*see* next page) these are still better than the above, which to a certain extent is a makeshift. Where liver forcemeat is required *good*, aromatic herbs (or a bottle of herbaceous mixture) are absolutely essential. When the liver and ham, &c., is cooked, rub it all through a wire sieve into a basin. Press the forcemeat together to make it smooth. This is very valuable for all sorts of game pies, such as lark pie, or Norwegian grouse pies. A dessertspoonful of this cheap forcemeat makes a very nice fritter. (*See* FRITTERS, p. 174.) If you can get any livers of poultry or game—sometimes poulterers have some to spare—add them to the calf's liver. This increases the excellence of the forcemeat. Mushrooms can also be added, and fried with the liver.

To Use Garlic.—I know there is with many persons a strong prejudice against garlic. I believe this to be owing to the fact that the majority of English cooks don't know how to use it. It keeps good a long time if kept in a dry place. It imparts, to my thinking, a most delicious flavour if used properly, and is very economical, as a little goes a long way; one pennyworth will last for a month. I will give you one or two instances. First remember that as a rule garlic should not be cut or chopped, but its flavour should *simply be imparted by rubbing*.

Suppose you have a dish of minced beef, mutton, or veal: before you cut up and chop the meat take a bead of garlic—a lump splits up into beads—cut a little off the end first, and simply rub the chopping-board a little with the garlic. This is quite sufficient to give a rich flavour to the mince. If the garlic is fried, a few beads can be chopped up with the mince.

Again, suppose you have a lettuce for a salad: first get the lettuce quite dry; then take a salad bowl and rub the bottom of the bowl with a bead of garlic. Then take a saltspoonful of salt and half a one of pepper, and mix it up with two tablespoonfuls of *good* oil. Toss the lettuce lightly together with this for two or three minutes, then add half a tablespoonful of vinegar. The garlic will be found to have given the salad a most delicious flavour.

Garlic is often a great help in making common materials very savoury.

To Rub Through a Wire Sieve.—This is a most important operation in cooking: you cannot get a purée without it, or pea-soup, or curry. It is a most economical process. A wire sieve—a small one—can be bought for one shilling and

fourpence, and will very soon more than repay its cost.

Suppose we have some pea-soup or curry to rub through, containing peas, or celery boiled tender, carrots, fried onions, &c. Get a basin rather bigger round than the sieve, take a wooden spoon, and keep pressing and scraping sideways. Of course the liquid part will all run though directly, but a spoonful of the liquid should occasionally be taken out of the basin for the purpose of moistening what is left in the sieve. Every now and then you should scrape the bottom of the sieve on the lower side into the basin, as what is sent through sticks and clings there. This will help to send it through quicker. Don't give up, but, as a rule, try to send all through. Of course, sometimes stringy parts won't go through, but the process requires patience, good temper, and determination.

Wire sieves should be washed thoroughly with a brush, well rinsed with very hot water at the finish, and put by dry. The heat from the water will make the wire hot, which helps to dry it more quickly. All sieves (ordinary ones) should be dried before the fire after being washed.

Herbs, Sweet.—It is always best to have a bottle of dried sweet herbs by you. They are called mixed sweet herbs. Mixed herbs generally consist of two parts parsley, one part marjoram, one part savoury, one part lemon thyme. For soups, such as turtle or mock turtle, the best herbs are one-third sweet basil and the other two-thirds equal parts of marjoram, savoury, and lemon-thyme. Parsley can be added separately.

Herbs, Aromatic.—Take 1 oz. of cloves, 1 oz. of white peppercorns, ½ ounce each of sweet basil, marjoram, thyme, grated nutmeg, powdered mace, and powdered bay-leaves. Dry the materials thoroughly, sift through a fine sieve, and put by in a stoppered bottle for use. These herbs can be bought in bottles, and are exceedingly useful. No kitchen should be without them. (*See* HERBACEOUS MIXTURE.)

Herbs—Herbaceous Mixture.—The above aromatic herbs are sold in bottles under the name of Herbaceous Mixture. Those sold by Crosse & Blackwell are mixed as given in the last recipe, originally written Francatelli.

Veal Stuffing.—Take a quarter of a pound of beef suet, chop it very finely with two ounces of raw ham, add two teaspoonfuls of fresh-chopped parsley, and from one to two teaspoonfuls of mixed sweet herbs (*see* HERBS), according to the length of time they have been kept; add half a quarter of the rind of a lemon, chopped very fine, five ounces of fine bread-crumbs, two eggs, a very little grated nutmeg, a saltspoonful of ordinary pepper, a quarter of one of cayenne, and a saltspoonful of salt. First of all, mince the suet and ham, herbs and lemon-peel, very finely, then add the bread-crumbs and seasoning. Pound the whole in a mortar. Next, beat up the two eggs, and mix the whole thoroughly together. This is very good, and constantly used. Forcemeat will not be good unless great pains are taken in mixing the ingredients well together.

A very convenient way of obtaining two ounces of raw ham is to order one or two cushion rashers of bacon for breakfast. These are always chiefly lean. Keep two ounces of this lean for the stuffing.

If you have no ham, rub two or three ounces of the flesh of the veal itself through a wire sieve, and use that instead. More lemon-peel can be added if liked, but it is apt to cause the stuffing to be tasted long after it is eaten.

Sage-and-Onion Stuffing.—This is a very common stuffing, and

as nice as it is common. It is used with roast pork, roast goose, roast duck, &c.

To make ordinary sage-and-onion stuffing, take, say, four good-sized onions and eight fresh* sage-leaves, and boil them for four or five minutes; then chop them together very fine, and add four tablespoonfuls of fine bread-crumbs, or more if the onions are large, a teaspoonful of black pepper, and another of salt. If the stuffing is liked rich, a yolk of egg may be added, but it is, in my opinion, very unnecessary. Many persons add butter, but this is also unnecessary, as sage-and-onion is almost always required for rich meats, such as pork, goose, &c.

If the stuffing is liked mild, Spanish onions can be used, and they can be boiled longer. The cores of the onions can also be cut out.

French cooks add a great deal more sage. Francatelli recommends one part of chopped sage-leaves to three parts chopped onion. On the other hand many English cooks maintain that one fresh sage-leaf to one large onion is sufficient. This is, of course, purely a matter of taste. In France roast goose or duck seems to have sage stuffing only, as the sage quite overpowers every other flavour.

Fish Forcemeat.—(*See* SALMON TROUT, p. 62.)

Beef Sausages, To Make.—The great advantage of home-made sausages over bought ones is, that in the former case you know what is in them, and in the latter case you don't. Get some fresh meat perfectly free from skin and gristle; let the lean be nearly double the quantity of fat, but not quite. Mince freely (a machine is of course best), and flavour with powdered sage-leaves—say, a teaspoonful to three pounds of meat—half that quantity of thyme, and some powdered allspice, and nutmeg, and pepper and salt.

The best fat for sausages is good beef suet. Marjoram may be used instead of sage.

Those who like sausages highly seasoned may increase the herbs and spices, and *vice versâ*.

Beef sausages are far best fried and served with mashed potatoes.

Pork Sausages.—Take one pound of lean pork, half a pound of fat, one teaspoonful of salt, one teaspoonful of pepper, half a teaspoonful of dried marjoram, one-third of a small nutmeg, one-sixth of the rind of a lemon, four good-sized sage-leaves. Mix all the ingredients thoroughly together, being very careful to chop the lemon-peel and sage-leaves very fine.

If a sausage-machine is used, the mixture should be sent through twice.

Roll the sausage meat into small balls; this quantity would make sixteen. Fry in a frying-pan, and serve each ball on a small square piece of toast, dipped in the fat in the frying-pan. Suitable for breakfast.

If the sausages are liked highly seasoned, increase the quantity of sage and marjoram.

Sausages, To Cook.—Sausages are always best fried. When they have skins on them, prick the skin with a fork to prevent them bursting. Sausages, especially pork, should always be well cooked, and should never look red in the middle when cut. They are best cooked very slowly, but should be browned all over outside at the finish.

Veal Forcemeat, Various Ways of Making. — No. 1. Shred finely half a pound of suet, and two ounces of raw ham, free from

* Fresh sage-leaves cannot always be obtained, in which case you must get dried leaves. It takes quite two dried leaves to equal one fresh one. If dried a long time, three will be required for one fresh.

skin and fibre. Mix with it half a pound of bread-crumbs rubbed through a wire sieve, the rind of a quarter of a small lemon grated, one teaspoonful of salt, half a teaspoonful of white pepper, a tablespoonful of chopped parsley, a teaspoonful of thyme, a teaspoonful of marjoram, and half a grated nutmeg. Bind the mixture together with yolk of egg, to which a little milk may be added when economy is a consideration. No. 2. Chop finely a quarter of a pound of beef suet with two ounces of lean raw ham and five ounces of bread-crumbs rubbed through a wire sieve. Add a piece of thin lemon-rind about the size of a thumb-nail, a teaspoonful of chopped parsley, a teaspoonful of mixed sweet herbs if fresh—if very dry, two teaspoonfuls—and half a teaspoonful of salt, and a little cayenne or white pepper. Bind the mixture together with two whole eggs. No. 3. Take half a pound of veal, and a quarter of a pound of fat bacon. Cut these into strips, and scrape them with the back of a knife, then pound them well in a mortar, and pass the preparation through a sieve. Mix with it the crumb of half a roll, a drachm of powdered nutmeg, a dessertspoonful of chopped parsley and mushrooms, with a little pepper and salt. Mix these ingredients thoroughly, continually pounding them in the mortar, bind them together with two well-beaten eggs, and poach a small quantity in boiling water. When the preparation is firm, light, and delicately flavoured it will be ready for use. This forcemeat may be used on all occasions for pies, balls, &c. When forcemeat is to be served in the form of balls, mould it to the size and shape of large marbles, put these into hot fat over the fire, and turn them about for a few minutes till they are lightly browned. Place them on a sheet of blotting paper before the fire to drain off the fat. When dry they are ready for serving.

Rissoles. — Rissoles, or croquettes, are little balls made of savoury mince bound together with egg and fried. This mince is generally made from the remains of cold meat, as follows:—

Take four tablespoonfuls of chopped lean beef, or mutton, or veal, two tablespoonfuls of chopped fat, two tablespoonfuls of chopped cold ham or bacon, a piece of onion the size of the thumb down to just below the first joint, a teaspoonful of chopped parsley, a piece of lemon-peel the size of the thumb-nail, and as thin, chopped *very* small, a saltspoonful of thyme, a saltspoonful of black pepper, a third of one of cayenne, a saltspoonful of salt. Chop all very fine, and if possible send it all through a sausage-machine. Mix thoroughly together in a basin, and add an egg well beaten-up. Roll the mixture into balls the size round of a large walnut; flour them, or rather, roll the balls in a little flour, and fry them brown in a little very hot fat. (*Also see* FOWL, MINCED.)

Rissoles (a better way).—Beat up two eggs, and keep some of the mixture to moisten the balls after they have been floured. Then bread-crumb them. Fry these a light brown, and serve with fried parsley. Some good brown gravy can be poured round these rissoles.

Cold turkey, fowl, &c., make excellent rissoles. Act exactly as above, only have two tablespoonfuls of chopped meat to one of lean ham or bacon and one of fat. (*Also see* FOWL, MINCED, p. 141.)

When mushrooms can be obtained, they are an immense improvement to rissoles. The proportion should be three parts mixture to one part mushrooms—*i.e.*, mushrooms should form one-fourth of the whole. It is a mistake to think that adding more

egg will make the rissoles better. This is not the case. Only add sufficient raw egg to moisten the mixture sufficiently to bind it. Too much egg will harden the rissole when cooked. A very little rich gravy, which makes a hard jelly when cold, can be added with advantage. Red tongue will do instead of lean ham. Red tongue and bacon-fat make a nice substitute for ham.

Rissoles in Paste.—Make some rissoles, as above. (*See also* FOWL, MINCED.) Roll out some puff-paste as thin as possible, and moisten each ball, instead of flouring it, with beaten-up egg. Then surround each ball with a thin coat of paste. Pinch the edge of paste together, and pinch off what is not wanted. These balls should be about as big round as a small walnut. Dip each ball of meat surrounded by paste in yolk of egg beaten up; or brush the ball over with a beaten-up yolk of egg; sprinkle some small broken-up vermicelli on each ball. The vermicelli will stick to the paste when egged over. Fry each ball in some very hot fat. As soon as they are a nice brown, take them out, and serve in a folded napkin, with fried parsley.

Croquettes (au Financière).—Mince very finely the livers of two fowls, a sweetbread, a shallot, six small mushrooms, and two truffles. Season rather highly with pepper and salt. Put one ounce of butter into a stewpan, let it melt, then mix with it very smoothly and slowly a tablespoonful of flour. When it is lightly browned, add the mince and an ounce of butter, and simmer for ten minutes, stirring all the time. Drain off the fat, add a glass of light wine to the mixture, and simmer it gently for a few minutes longer. When it is cold and stiff, mould it into small balls, and fry these in the usual way. Sprinkle a little salt over croquettes before serving them. Time to fry, ten minutes. Quantity: allow one or two croquettes for each person.

Croquettes of Fowl.—Take the remains of a cold fowl, and mince it very finely; put it in a saucepan with a little gravy, a little salt, pepper, grated nutmeg, and a tablespoonful of cream. Let it boil, stirring it well all the time, and, if necessary, thicken it with a little flour, or a few bread-crumbs. When cold and firm, roll it into balls about the size of a walnut, dip them in egg and bread-crumbs; do this once or twice, and fry them in plenty of hot dripping until they are lightly browned; pile them on a napkin and garnish with fried parsley. Time to fry, ten minutes. Allow two or three for each person.

Kromeskies.—Kromeskies are croquettes cooked in the Russian manner: they are made as follows:—Mince the remains of any cold meat, fish, poultry, or shell-fish, as for croquettes; season them nicely, and shape them like a cork. Instead of dipping them in egg, and afterwards in bread-crumbs, cut some slices of cold fat bacon (boiled) as thin as writing-paper; wrap the croquettes in these, dip each one in a little frying batter (*see* BATTER, p. 175), fry them in hot clarified fat, and when brown and crisp, arrange neatly on a hot dish; garnish with fried parsley, and serve immediately. Kromeskies may be made according to any of the recipes given for croquettes, and should be cooked as above. The following recipe will serve as a specimen.

Kromeskies of Oysters.—Open carefully one dozen fresh oysters. Beard and scald them, that is, bring them to the boil in their own liquor, and chop them small; then mince cold chicken or turkey very finely. Mix equal quantities, add three mushrooms cut into small

pieces, the yolk of an egg, the oyster liquor, and a tablespoonful of cream. Stir the mixture over a slow fire until it is quite thick; then put it into a cool place for an hour, and when cold, roll it into croquettes the shape and size of small corks; fold thin fat bacon round these, dip them into a frying batter, and fry them in smoking hot fat until they are crisp and brown. Serve piled in the centre of a hot dish, and garnish with fried parsley. Time, six or eight minutes to fry. Sufficient for three or four persons.

Scotch Collops. — Cut away the fat and any skinny portions there may be about a lb. and a half of steak, and mince it finely, seasoning it well with pepper and salt. An onion can be added, if liked, but this is a matter of taste. Melt a little butter in a stew-pan. Put in the mince, and stir it frequently to keep it from getting into lumps. In about eight minutes dredge a little flour over it, and pour upon it a little stock, boiling hot. Let it simmer gently a minute or two longer, and serve very hot. Three-cornered pieces of toasted bread may be put round the dish as a garnish.

Cutlets.—A cutlet is really a small piece of meat. A cutlet can be grilled, or fried, or cooked, wrapped up in paper. Cutlets can be cooked plain, or dressed. They can be served with almost an infinite variety of sauces.

Cutlets, Plain.—Cutlets are sometimes grilled quite plain on the grid-iron, especially mutton cutlets.

Cutlets, Dressed Ordinary. — The ordinary method of dressing cutlets is to egg-and-bread-crumb them. In doing this, pepper and salt the cutlets before flouring them. In the case of veal cutlets it is an improvement to sift some mixed sweet herbs (*see* HERBS, p. 167) over the raw meat as well.

Mutton cutlets are best boned and egg-and-bread-crumbed. If the fat be sufficiently hot they will not take more than thirty seconds to fry, if cut thin (three-eighths of an inch thick). They should then have a rich brown colour.

Lamb cutlets will take a few seconds longer to cook than mutton.

Veal cutlets will take double the time of mutton cutlets. If the veal cutlet is large, and an inch thick, the fat must not be too hot, and plenty of time allowed — perhaps fifteen minutes.

All cutlets, especially small ones, should be sent to table very quickly after being cooked. When cutlets are not boned, have ready little tiny paper frills to tie round the bone.

The best part of the meat for all cutlets is the loin and neck. The fillet part only is best for veal, but any little piece of raw meat will make a nice cutlet when cut thin. You cannot cook cutlets when small unless the fat is very hot. The bread-crumbs must brown nicely in thirty seconds.

You cannot warm up cutlets without spoiling them. The best way to serve cold cutlets is to arrange them neatly in a dish, with some vegetable salad in the middle—such as mixed cold boiled carrot, turnip, &c., cut up in neat little pieces. (*See* MACEDOINES, p. 209.)

Veal Cutlets. — Veal cutlets may either be cut from the best end of the neck, or what is called a veal cutlet may be taken from the fillet. Chops only are taken from the loin. If cut from the neck the chine-bone, gristle, and skin should be removed, and the upper part of the rib-bones shortened. After being trimmed, the meat should be beaten with a cutlet-bat to make it smooth. A veal cutlet when trimmed weighs from six to eight ounces.

Veal Cutlets (en papillote).—Take two or three cutlets about three-quarters of an inch thick from the best end of the neck of veal. Flatten them with the cutlet-bat, sprinkle pepper and salt upon them, and sift a few sweet herbs over them, and fry them in butter or lard six minutes on each side. Take them up, drain them, and put them aside till cool. Take a sheet of stiff paper for each cutlet. Trim the edges to make it as nearly as possible of the shape of the cutlet, and be careful to leave a tolerably wide margin for folding over. Oil the paper, lay on it a slice of bacon, a spoonful of sauce, *i.e.*, cold gravy which is a jelly, the cutlet, another spoonful of sauce, and another slice of bacon. Double the edges of the paper all round that the sauce may not escape. When the cutlets are to be served, broil them over a very slow fire, or bake them in a quick oven, and turn them over that they may be equally cooked. Serve them on a dish in the papers. The sauce with which they are to be covered may be made as follows: Thicken a pint of nicely-flavoured stock with an ounce of flour. Boil it till it is smooth. Strain it, put it back into the saucepan, and boil till it is reduced to half the quantity. Stir into it a little grated ham, a little parsley, half a teaspoonful of minced shallots, one or two chopped mushrooms if they are to be had, and a little pepper, salt, and grated nutmeg, and keep stirring for a few minutes. The sauce should form a stiff jelly when cold, and if the stock of which it is made is not sufficiently strong for this a little gelatine may be dissolved in it to make it so. Time to broil the cutlets, a quarter of an hour.

Veal Cutlets (en papillote), (another way.)—Soak the cutlets in oil for an hour, and put into the oil a tablespoonful of lemon-juice, a bunch of parsley, a sprig of thyme, a bay-leaf, a small onion finely minced, and a little pepper and salt. Drain and dry them. Lay each cutlet on a sheet of white paper which has been well saturated with oil, cover with bread-crumbs, divide the fluid in which they have been soaked equally among the cutlets, and lay a slice of bacon upon each. Wrap the cutlets in stiff white paper, and fold the edges so that the juice cannot escape. Broil the cutlets some distance above a clear fire, and turn them that they may be equally cooked, or bake them in a quick oven. Ravigote sauce, or good gravy, or a little lemon-juice, may be served with the cutlets, or they may be sent to table with their own sauce only. It is a good plan to interpose a piece of oiled paper between the paper envelope and the heated gridiron. Time to broil the cutlets, about twenty minutes.

Mutton Cutlets with Tomato Purée.—Trim cutlets from well-hung mutton, beat them into shape after removing the chine-bone, dip them into dissolved butter, brush them with egg, and cover with bread-crumbs. Fry in boiling fat. Put them on blotting-paper before the fire to drain. Have ready a purée of fresh tomatoes, made as follows:—Pick a pound of ripe tomatoes, break them open, and put them without their seeds into a stewpan with an onion or a couple of shallots, sweet herbs and spice if liked, salt, and pepper; stir over a slow fire until the tomatoes can be pulped through a hair-sieve; return the pulp to the stewpan to simmer, add an ounce of butter well-worked together with a little flour, and stir in two ounces of meat-glaze. Arrange the cutlets in a circle a little overlapping each other, and fill the centre with the purée. Serve hot. Time, ten minutes to dress cutlets. Tomato Conserve sold in bottles is far superior to any

home-made tomato-sauce. Sufficient, nine or ten cutlets for a dish.

Reform Chips.—Reform chips are used for garnishing purposes. They have a good appearance when placed in the centre of a dish of cutlets. Take equal quantities of dressed ingredients of different colours, such as pink ham, hard-boiled white of egg, black truffles, red carrots, or green pickles. Cut these into thin shreds about an inch long, make them quite hot, toss them lightly to mix them, and serve.

Lobster Cutlets.—Remove all the meat from a lobster, and cut it up in little pieces, with a piece of onion the size of the top of the thumb down to the bottom of the nail, a teaspoonful of chopped parsley, a teaspoonful of anchovy sauce, a pinch of cayenne, and a piece of lemon-peel the size and thickness of the thumb-nail; pound all in a mortar till it is smooth, and then mix in sufficient lobster butter (*see* LOBSTER BUTTER) to make the whole a bright red, then add sufficient butter till the mixture can be easily moulded; then form the mixture in a quantity of little pieces the size, shape, and thickness of a picnic biscuit. Egg-and-bread-crumb these after flouring them, and fry in very hot fat, till they are brown. Stick a little piece of the tip-end of the smaller claws into each to represent the bone of the cutlet. Serve with fried parsley. These cutlets are none the worse for being kept hot a little while in the oven. A moderate-sized lobster will make twenty little cutlets. Some of the meat may be used for lobster sauce, and yet have enough for a dish of cutlets. Without plenty of butter the cutlets will taste dry.

Lobster Butter.—Whenever you get a lobster with any coral in it, pound the coral with enough butter to make a thick paste, add a pinch of cayenne pepper, and put it by in a little jar for use. This is called lobster butter, and is invaluable for lobster sauce and patties, shrimp sauce and patties, &c.

Lamb Cutlets.—Take the best end of a well-hung neck of lamb. Saw it off two or three inches from the top of the bones, leaving the cutlets about four inches long. Scrape off the meat from the end of the bone, so as to leave an inch quite bare. Chop off the thick part of the chine bone, and pare away the flat bones which adhere to the meat and spoil the shape. Flatten the cutlets with a cutlet bat. A butcher will always shape the cutlets if requested to do so. They may be either broiled plainly or egged, bread-crumbed, and fried. Green peas, asparagus, spinach, and mashed potatoes are all favourite accompaniments of lamb cutlets, and an infinite variety of sauces may be served with them. The sauce frequently gives its name to the dish, as Cutlets à la Robert, which names simply mean cutlets served with Robert sauce. There is no occasion for any waste in shaping cutlets, as the bones can be stewed down for gravy and the fat melted for frying.

Lamb Cutlets, Superlative (sometimes called Lamb Cutlets à la Princesse).—Trim and shape some lamb cutlets neatly, and fry them plainly, letting them be rather under-dressed than otherwise. When half cold dip each cutlet into some good melted butter, flavoured with mushrooms. Place them upon ice to set the sauce, and afterwards egg, bread-crumb, and fry them in the usual way, and serve with asparagus, green peas, or any other vegetables. Good white sauce should be sent to table in a tureen. Time, twenty minutes altogether to cook the cutlets—ten minutes each time. Sufficient, half a dozen for three persons.

Lamb Cutlets, Superlative (another way).—Take a tablespoonful of each of the following ingredients, all finely mineed:—Parsley, shallots, mushrooms, and lean ham. Put these into a stewpan with an ounce of fresh butter, and stir them over the fire for five minutes. Add a quarter of a pint of white sauce, a little pepper and salt, a dessertspoonful of strained lemon-juice, three grates of nutmeg, and the yolks of two eggs. Stir the sauce over the fire until it thickens, but it must not boil. Partially fry the cutlets, as in the last receipe; when nearly cold dip them into the above preparation, and place them upon ice until the sauce is set. Dip the cutlets in egg, and afterwards in bread-crumbs; fry, and serve them with a purée of spinach or green peas. Time, twenty minutes to fry the cutlets — ten minutes each time. The above quantity of sauce is sufficient for a dozen cutlets.

Venison Cutlets, Broiled.—Cut the cutlets an inch thick from a fine, well-hung neck of venison. Trim them neatly without depriving them of their fat. Pepper and salt them, and lay them upon the bars of a gridiron over a clear, gentle fire. Turn them every two minutes to keep in the gravy. Serve on a very hot dish with a small slice of butter under each. Send stewed mushrooms and baked potatoes to table with the chops. Time to broil the cutlets, from twenty to twenty-five minutes.

Venison Cutlets, Stewed.—Take the cutlets from the neck an inch thick. Dissolve a slice of fresh butter in a stewpan, put in the cutlets, and let them remain until they are lightly and equally browned on both sides. Pour over them as much good beef stock as will barely cover them, and add half a tumblerful of port or claret, and a little powdered cinnamon, and a few cloves, a small spoonful of brown thickening, and a little pepper and salt. Stew the cutlets gently till tender, and skim and strain the gravy. Put the cutlets on a dish, pour the gravy over, and serve very hot. Time to stew the cutlets, twenty minutes.

Pig's Fry.—A pig's fry should be very fresh, and the sweetbreads are the best part, but are not always easily obtained. Proceed exactly as in lamb's fry (*see* LAMB'S FRY), or place the pig's fry in a pie-dish with a layer of potatoes, peeled and cut in slices; add a dessertspoonful of chopped onion, half that quantity of sage, and plenty of pepper and a little salt; fill the dish three parts full with water or stock, cover it over with the fat skin sold with it, and bake in the oven. When the potatoes are tender, the pig's fry will be done.

Lamb's Fry. — Parboil the sweetbreads. Throw them into cold water, when cold trim them. They can then be egg-and-bread-crumbed, but this is by no means necessary. Flour all the pieces, and fry in the frying-pan in a little dripping, or the fat of some fried bacon, to be served with the lamb's fry, which is an improvement. When nicely browned, pour a little water into the dripping-pan, and thicken it with a little flour. Throw in a little chopped parsley, and season rather highly with pepper and salt. Time to fry, about ten minutes.

Fritters.—Almost every kind of fruit will make fritters, which may be described generally as something nice and soft fried in batter. (*See* BATTER below.) In making fritters, the substance fried, if a sweet, must be dried with powdered sugar before dipping into the batter; if a meat, with flour.

The most delicious of all meat fritters are made with a savoury

substance which when *hot* is a *liquid*. For this purpose the substance, when *cold*, must be a *hard jelly*. Suppose we have a sort of forcemeat of minced fowl (*see* FOWL, MINCED, p. 141), highly seasoned with onion or garlic, a little mixed sweet herbs, chopped parsley, the whole made into moist squash, with strong chicken stock made from the bones boiled down, mixed with a little boiling milk. Put this moist mixture into a dish half an inch deep, and let it get cold and set into a *hard* jelly. Cut little round pieces out—say, an inch and a half in diameter. Flour these rounds of jelly, dip them in batter (*see* BATTER), and plunge into *smoking-hot fat*. The heat hardens the batter before it has time to melt the mixture, which melts afterwards. Consequently on cutting the hot fritter on the plate, a gush of moist, savoury, delicious forcemeat pours on to the plate. Those unversed in the science of cooking wonder how this dish is done, with as good cause as a certain Royal personage wondered how the apple got into the dumpling.

Capital fritters are made with liver forcemeat (q. v., p. 166), seasoned with garlic. This is a very savoury and very cheap Italian dish.

Batter.—Plain batter is a mixture of flour and water, or flour and milk, made about as thick as double cream, into which meat, fish, fruit, &c., is dipped and then plunged into very hot fat, which instantly hardens the batter, which forms a case round whatever has been dipped in it.

Simple as the process is of frying in batter, inexperienced persons often fail, simply because they do not give due and proper attention to the following points, absolutely essential to success:—

1st. The batter must be smooth.
2nd. The batter must be thick.
3rd. The fat must be very hot.

In order to ensure the first point, you had better make your batter in a small thick basin. Let the flour be dry and sifted, then place the flour in the basin, add the water or milk gradually, and work it with a wooden spoon against the sides of the basin, and smooth it as if you were spreading a plaister. You *must* have sufficient patience to get it *perfectly smooth*—no lumps whatever.

Next with regard to thickness; if "double cream" does not convey the idea, remember the batter must be thick enough to cling to whatever is dipped into it, and not so thin that it will run off. For instance, if you dip your finger in proper batter, and take your finger out and hold it down to drain off, yet after your finger has drained, it should be perfectly white and covered, and you should not be able to see the colour of the flesh through the batter.

With regard to the third point, probably the one in which most fail, I cannot too often impress upon your minds the importance of having the fat sufficiently *hot*. I really don't think I exaggerate when I say that probably ninety-nine cooks out of a hundred, whose wages are £20 a year, fail in this one respect.

Very first-class batter is made by adding half a pint of water to sufficient flour to make it the required thickness, and then working in the yolk of an egg. Shortly before the batter is used, the white of the egg is beaten to a stiff froth with a whisk and added also.

Good ordinary batter can, however, be made with plain flour and water, or flour and milk. It every case add a pinch of salt, for half a pint of water half a saltspoonful.

Whenever you fry anything in batter, let it be as dry as possible. Fish or meat should be floured first, and fried immediately after being floured.

Sweetbreads, Fried or Baked.—Calf's sweetbreads are by far the best, but unfortunately are often very expensive. All sweetbreads, whether calf's, lamb's, sheep's, pig's, &c., should be treated as follows:—Parboil them for five or ten minutes according to their size, take them out and throw them into cold water, and let them get quite cold. Take them out of the water, and carefully trim them from skin and flap. The drawback to sweetbreads is, that mixed with the delicious soft white meat is too often found pieces of skin, which are exceedingly unpleasant in the mouth, causing real inconvenience to persons with delicate stomachs; therefore, peel the sweetbreads, especially small ones, and remove these impediments. Next, dry, flour, egg-and-bread-crumb the sweetbreads, and fry them to a nice bright golden colour. Serve with some rich brown gravy.

The sweetbread, especially if large, can be baked in the oven. Do not egg-and-bread-crumb it, but cover it with thin slices of fat bacon, and baste it. When done take it out, drain it from its fat, and serve with some rather thick Béchamel sauce; ornament with fried bread and chopped parsley sprinkled over the sweetbread.

Sweetbreads à la Financière.—Fry the sweetbreads (*see* SWEETBREADS, FRIED), and serve with a Ragout à la Financière.

Sweetbreads à la Toulouse.—Fry the sweetbreads (*see* SWEETBREADS, FRIED), and serve with a Ragout à la Toulouse.

Sweetbreads, Curried.—Egg-and-bread-crumb the sweetbreads. (*See* SWEETBREADS, FRIED.) Fry them as directed, and pour some curry sauce round them, not over them. (*See* CURRY SAUCE, p. 26.)

Sweetbreads à la Béchamel.—Fry the sweetbreads (*see* SWEETBREADS, FRIED), and serve with some good Béchamel sauce.

Sweetbreads, Various ways of Cooking.—There are a very great number of ways of cooking sweetbreads, but they chiefly depend upon the sauce served with them. Sweetbreads are very useful to mix with other things, as well as for making the insides of rich pies. For instance, boiled sweetbreads cut up with small button mushrooms, slices of red tongue, the white meat of fowl cut up, calf's brains, lean red ham, or some small black truffles, all stewed in some really good Béchamel sauce, make a most delicious dish.

Sweetbreads when baked are often larded, *i.e.*, stuck over with pieces of bacon fat inserted a little way into the meat. Sweetbreads, fried or baked, are also very nice with tomato sauce, mushroom sauce, and can also be served with spinach.

Calf's Sweetbreads.—These are generally very expensive. They should always be soaked in cold salt and water for some time, then parboiled and thrown into cold water. When cold, they should be trimmed carefully. They can then be fried in egg and bread crumbs. They can be baked in the oven, and kept well basted. If not egg-and-bread-crumbed—and if of a brown colour—pour over them some thick white sauce, such as Béchamel. If fried a nice brown, pour some sauce round them. Tomato sauce is excellent with sweetbreads. Or a rich brown gravy can be used, or curry sauce. (*See* SWEETBREADS.)

Lamb Sweetbreads, Fried.—Soak three sweetbreads in salt and water for two or three hours, to draw out the blood, then parboil them for ten minutes, to set them firm, and throw them into cold water for ten

minutes more. Dry them in a soft cloth, and press them between two dishes. Dredge a little flour over them, brush them over with beaten egg, and sprinkle finely-grated bread-crumbs upon them, and fry them in sufficient smoking hot fat to cover them until they are a bright golden brown. Have ready half a pint of good brown gravy. Stir a glass of sherry into it, to flavour it, and pour this round, not upon, the sweetbreads. Time, altogether, about half an hour, exclusive of the soaking. Sufficient for three or four persons.

Lamb Sweetbreads, Larded.—Soak three sweetbreads in salt and water for two or three hours, and change the water frequently. Put them into a saucepan, and let them parboil for five or six minutes, to make them firm. Take them out, put them into cold water, and lard them closely. Place them in a stewpan, with as much good veal stock as will reach up to the larding, and put with them a sliced carrot, an onion, a stick of celery, and a small piece of butter rolled in flour. Let them simmer gently for ten minutes, and baste liberally during the time. Beat an egg, mix it with half a pint of cream, add a dessertspoonful of finely-minced parsley, and two or three grates of nutmeg. Take the carrot, onion, and celery out of the sauce, let it cool a minute, then add the egg and cream. If preferred, a quarter of a hundred asparagus-tops may be stewed in the sauce, instead of the carrot and celery. Stir constantly until quite hot; but it must not boil after the egg and cream are added. A teaspoonful of salt, and half a teaspoonful of pepper, should be put in, if the stock is not already seasoned. Serve the sweetbreads on a hot dish, strain the sauce over them, and send sorrel or tomato sauce to table in a tureen. Asparagus or green peas form an excellent accompaniment. Time, half an hour. Sufficient for three or four persons.

Lamb Sweetbreads, Scalloped.—Soak three lamb's sweetbreads, and boil them for ten minutes. Throw them into cold water, drain and dry them, and cut them in thin slices. Season and flavour them with a teaspoonful of salt, half a teaspoonful of pepper, the eighth of a grated nutmeg, and the juice of half a lemon, and fry them with an ounce of butter till they are brightly browned. Dredge a tablespoonful of flour on them, pour over them half a pint of boiling cream, and add a dozen sliced mushrooms. Shake the pan over the fire for a few minutes, then draw it aside, and let it cool a little. Mix a teaspoonful or two of the sauce with two well-beaten yolks of eggs, and add them gradually to the rest. Stir over the fire again until quite hot, and serve in the middle of a rice border. Time, half an hour.

Beef Olives (or Olive).—Get some steak (rump steak, beef steak, or fillet steak), cut thin. You can make one large beef olive if you have a large steak, or you can make several small ones with small slices. The principle is the same. Spread the slices of steak, after sprinkling them with pepper and salt, with a thin layer of veal stuffing (*see* VEAL STUFFING, p. 167); roll the slices of beef well up, so as to keep in the stuffing, tie up the two ends with tape, rather tight, and tie up the middle enough to prevent the meat from unrolling or gaping. Bake the beef olive in the oven, and baste with some dripping. Place it on a dish when sufficiently baked, and glaze it with a brush dipped in half a teaspoonful of soy mixed with a teaspoonful of gravy. Pour some good brown gravy (*see* p. 27) round it, but not over it. This is a handsome entrée, not very expensive. A nicely-

cut flower from a turnip, with pink edges (cochineal), may be stuck in it.

Veal Olive.—Veal olive, or veal olives, can be made from a large slice, or small slices, of veal exactly in the same way as beef olive. (*See* BEEF OLIVE.) Stuff with veal stuffing, and proceed in every respect as in making beef olives. Glaze in the same way, using a little soy, and serve fried bacon rolled up with the olive or olives.

The gravy should be thick, and can be made from the dregs of the dripping-pan. Veal olive will require longer cooking than beef olive. If very thick, allow twenty-five minutes to thirty minutes to every pound.

Calf's Brains.—Perhaps the most common form of serving calf's brains is with half a tongue, when the calf's head is boiled separately. In this case, put what brains you have sent with the head to soak at once in some water rendered rather acid by vinegar. Boil the brains in salt and water for about twenty minutes, drain them off, and chop them up with some chopped parsley and mixed herbs containing marjoram. (*See* HERBS, p. 167.) Add a little butter, pepper, and salt, and a little lemon-juice. Place the boiled tongue in the centre of the dish, and surround it with the brains.

Calf's Brains and Black Butter.—When you use the head for making soup, the calf's brains make a most delicious entrée, as follows:—Soak the brains in vinegar and water, and place some thyme in the pickle. Fry some round pieces of bread, the size round of a small teacup. Boil the brains for fifteen or twenty minutes. Place some of the brains, after draining them, on each piece of fried bread, make a little hole in each piece of brain, and put a piece of red tongue in each. Pour the black butter over the entrée, and serve hot.

Calf's Feet, Stewed.—Calf's feet are best prepared at the butchers'. They require scalding and very careful cleaning. They are nice plain-boiled, with parsley and butter. They will make good jelly and good soup. Perhaps the nicest way is to have them stewed. Put, say, two feet on to boil with half an onion in some water. They must stew gently for a long time, till they are perfectly tender, and the meat, so to speak, will melt in the mouth. The stewing will take several hours. Then take out the feet, and cut all the flesh from the bones. Put back the bones, and boil the stock briskly till it is reduced to half a pint, or even less. Strain it off, and thicken it with two eggs well beaten up, add a teaspoonful of chopped parsley, and a leaf or two of fresh tarragon chopped with it, a little pepper and salt, and a glass of white wine, not sweet, or the juice of half a lemon. Serve the soft meat in this sauce, which must not boil or it will curdle. Add the wine or lemon-juice the last thing of all.

Giblets, Stewed. — Stewed giblets are really giblets served up in a very little giblet soup, the gravy of course being better because less in quantity.

Ham, Boiled.—Some hams require soaking for days, especially those dried-up American hams. All hams are best soaked for some hours, and the water should be changed once or twice. Place the ham in cold water, with an onion with several cloves stuck in it, a head of celery, a turnip, a carrot, and a tablespoonful of sweet herbs. (*See* HERBS, p. 167.) Bring the water to the boil and skim, then let the ham simmer for about, say, twenty-five minutes to every pound; then take

off the lid, and *let the ham get quite cold in the liquor in which it was boiled.* By this means all the juice and liquor which would otherwise run out will form a jelly in the ham itself.

When cold take out the ham; take off the skin, trim the edges, and cover the ham with some nice, light, brown-bread raspings. For this purpose you must just warm the outside of the ham, in order to get the raspings to stick. A hot shovel held near it is the best, as you go along shaking the raspings. Ornament with some nice fresh parsley. Tie a paper frill round the knuckle, and put on as large a dish as possible. The ham can also be glazed.

Tongue.—Tongues can be cooked fresh, or they can be pickled, smoked, and dried. Dried tongues, whether ox or reindeer, require a great deal of soaking, and should always be put in soak over-night. Tongues fresh from the pickle only require three or four hours to soak.

Tongue, Boiled. — Put the tongue, after it has been soaked, into cold water in a saucepan, with an onion and a dessertspoonful of mixed sweet herbs. Let it boil till tender; when done, remove the skin, and fasten it down with a couple of forks and a piece of string into the proper shape for it to be eaten cold—viz., somewhat like a lady's high-heeled boot. When it is cold, glaze and ornament it. The skin will easily peel off when tender. Time to boil a large smoked tongue, about five hours; a small smoked tongue, about three hours and a half; a large unsmoked tongue, about four hours; a small unsmoked tongue, about three hours; a fresh ox-tongue, about one hour and a quarter.

Tongue, Sheep's. — Sheep's tongues can be boiled, and served hot with brain sauce. When the tongues are salted they can be treated just like ox-tongues, only they will not take more than an hour to boil. They can be served hot with boiled fowl or rabbit.

Sheep's tongues make a pretty dish if arranged in a ring with the roots in the centre. The tongues should be brushed over with a little glaze if they are wished to look very nice. Pile some mashed potatoes high up in the middle, or some green peas. Pour some brown gravy (*see* p. 27) round the tongue, and serve hot.

Tongue, To Glaze and Ornament.—Glaze the tongue with some good bright glaze (p. 180.) Tie a paper frill round the root, which must be trimmed and cut square with a knife. A flower cut out of a turnip to resemble a camellia, tied to a few fresh bay-leaves, may be stuck in the root. A little ornamental work can be put round the tongue on the glaze as follows:—Roll a piece of notepaper up like a funnel. Melt a little clarified butter, and pour it into the funnel; by holding the funnel near the tip you can let the butter run out in a very thin stream, or by drops, or you can stop it altogether. A little curly ornamental ring can be placed round the tongue by this means, or little white drops, as big as a small pea, placed round the edge, keeping the drops about half an inch apart. Surround the tongue with plenty of fresh green parsley, and avoid putting it on too small a dish.

Tongues, Sheep's, Tinned. —Sheep's tongues are now sold in tins; they can be warmed up, and treated as above, taking care to reserve all the jelly in the tin to help to make the gravy.

Tinned tongues also make a nice dish cold. Place them in a ring, and glaze them. Pile up some "macedoines" (*see* p. 209), or some cold boiled carrot, turnip, and peas in the middle. Make a ring of

Tartar sauce round the outside of the vegetables on the end of the roots of the tongues.

Sheep's tongues tinned are very nice curried. Simply warm them up in curry sauce.

Glaze.—Glaze is really first-class clear stock, of a good colour, boiled away till it becomes sticky. A quick and cheap glaze for hams, tongue, cold fowls, &c., can be made by boiling two or three heads of garlic, or an onion, in a quarter of a pint of water, half an ounce of gelatine, sufficient extract of meat to make it look a rich, dark mahogany colour; add also a teaspoonful of soy. This will, of course, be bright. Let it get nearly cold; when it begins to get thick, brush the ham, &c., using a brush; what is left of the glaze can be added to the stock.

Glaze for Pastry.—Beat up the yolk of an egg with a teaspoonful of hot water, or rather more if you want a light colour. Brush the pastry with this, using a brush, when half-baked, or before baking has commenced.

Marrow Bones. — Have the bottom of the bones cut so that they will stand upright. Cover the ends where the marrow is with a flour-and-water paste. Boil them in a saucepan, but do not let the water come higher than half-way up the bone. Time to boil, rather more than an hour. Serve a hot dry toast with them. The marrow should be scooped out, quickly spread lightly over the toast, and then freely sprinkled with pepper and salt.

Mushrooms, Fried. — The simplest form of cooking mushrooms is to fry them. Peel the mushrooms and cut off the stalks, and place them in a frying-pan, with a little butter; fry gently till they are quite tender, season with a little pepper, and pour the contents of the frying-pan over them. The trimmings of mushrooms are valuable for flavouring gravies, &c.

Mushrooms (au Gratin).—Scoop out the inside of some nice round cup mushrooms, after peeling them, and cut off and peel the stalks; chop up these last with some onion, parsley, a pinch of thyme enough to cover a sixpence (say, a piece of onion the size of the top of the thumb, and a teaspoonful of parsley, and a piece of lemonpeel the size of a sixpence, for six mushrooms); fry these in some scraped bacon-fat, flavour with pepper and salt, and add some bread-crumbs in sufficient quantity to fill the six cups hollowed out. Cover with bread-crumbs and bread raspings. Cook these filled cups very slowly in a stewpan, with a little oil or melted fat, covering over carefully to keep in the flavour. Serve with or without brown gravy, poured round, not over.

Tomatoes, Grilled. — Tomatoes should be grilled whole, and not cut open. Grill over a clear fire, and moisten occasionally with a very little dripping or butter. Grilled tomatoes are nice served with chops or steaks. Tomatoes can also be baked in the oven in a tin with a little butter.

Poulet, à la Marengo.—Parboil a fowl, and cut it up into neat joints. Let these get cold, and use the bones of the carcase, *i.e.*, the back and ribs, to assist in making some very good rich brown gravy. (*See* p. 27.) When the joints are cold, brown them in a frying-pan, in which a very little butter has been placed, but which is made *very* hot. Warm up these joints in the gravy, to which has been added some chopped mushrooms, or a small tin of mushrooms, a tablespoonful of tomato pulp (this is

now sold in bottles), or a teaspoonful of good tomato sauce, and some pepper and salt. Garnish the dish with fried croutons of bread and some fried eggs.

These fried eggs should be dropped into rather deep hot fat, and be fried brown all round. For this to be done, it is essential that the fat should be deep. A few stoned olives should be placed round the dish at the last moment. Little slices of calf's brain, quite white, in which a small piece of black truffle has been stuck, is of course an improvement.

Poulet à la Marengo should be served in a silver dish, four little crayfish placed at each corner, and one on the top. A dessertspoonful of sherry may be added to the sauce, which must be entirely free from grease. The white brains with the black centre, the little brown balls (fried eggs), the fried croutons, and the red crayfish form a very pretty garnish. The truffles and crayfish, as well as the calf's brains, are, of course, not absolutely essential.

Veal, à la Marengo.—A very good imitation of the popular dish known as "Poulet à la Marengo" can be made from veal. Cut up some breast of veal into pieces about two or three inches long, one and a half wide, and one and a half thick, say, a dozen pieces, which would make a large dish.

Brown the outside of these pieces in a frying-pan, quickly, *i.e.*, a good deal of heat and very little fat or butter. Let these pieces then stew gently in some good brown gravy. (*See* p. 27.) Put the pieces together in a stewpan, and just cover them. Add a small tin of mushrooms, a tablespoonful of tomato pulp out of a bottle, or of tomato sauce, a little cayenne, and pepper and salt. Fry half a dozen eggs, and brown the tops of the eggs with a hot shovel. Place the veal and mushrooms neatly in an entrée or vegetable dish. Pour over the sauce. Place the eggs on the top without breaking them, and add, last of all, a dozen stoned olives, which should be placed round the edge, and some croutons of fried bread. Time to stew the veal, one and a half hours.

Fried eggs for "Poulet à la Marengo," and, indeed, for all entrées where fried eggs are used, should look like little light-brown balls. To attain this, it is necessary to have some hot fat very deep. This is rarely practicable in private houses, but by frying eggs in the ordinary way, and holding a hot shovel over them, and basting them with fat, a very good imitation of properly-fried eggs can be obtained.

CHAPTER XV.

EGGS, OMELETS, RICE, AND MACARONI.

Eggs (à la Bonne Femme).—Get six eggs of the same size, large ones, boil them ten minutes, and when cool enough, remove the shells carefully. Divide them equally in halves, take out the yolks, and cut from each the pointed tip of white, that they may stand flatly. Make *tiny* dice of some cold chicken, ham, boiled beetroot, and the yolks of the eggs. Fill the hollows with these up to the brim, and pile the dice high in the centre—two of ham and chicken, or separately, two of boiled beetroot, and two with the hard yolks. Arrange some neatly-cut lettuce on a dish, and place the eggs amongst it. Sufficient for three persons.

Eggs (à la Tripe).—Cut half a dozen onions in slices, let them fall into rings, and fry them in butter, without browning them. The onions should be parboiled first. Take them up and put them aside. Mix a spoonful of flour with the butter to make a paste, and add milk or white sauce to make a smooth thick sauce. Put in the onions, and stew them gently till tender. Remove the shells from some hard-boiled eggs, slice the white parts, and leave the yolks whole. Put the whites, sliced also into rings, and add them to the sauce with the onions till hot. Serve in a hot dish, and garnish with the uncut egg-yolks.

Eggs and Spinach.—Boil some spinach (*see* p. 214), and, when placed in the dish, place some poached eggs on the top, or hard-boiled eggs, hot (the shells being removed), and cut into halves. Press the halves of the hard-boiled eggs into the spinach, to make them stand on end.

Eggs, Boiled.—Put the eggs carefully into boiling water, and boil for three minutes—a few seconds more or less as they are liked hard or soft. Eggs are always best boiled in the room. New-laid eggs, fresh from the nest, look milky when open. These are eggs in perfection, but rarely to be met with in the present day, unless in private houses where fowls are kept.

Eggs, Curried.—Cut some hard-boiled eggs in halves. Cut off the white end sufficiently to make them stand upright. Pour some curry sauce round them. (*See* CURRY SAUCE, p. 26.)

Eggs, Devilled.—Cut some hard-boiled eggs—say, half a dozen—into halves. Remove the yolk, and cut the end off each white cup, so that it will stand upright. Pound the yolks in a basin with some butter, till they are smooth and moist enough to be formed into shape. Add a dessertspoonful of anchovy sauce and a saltspoonful of cayenne pepper. Fill the cups with this mixture, and pile it up. These can be eaten hot or cold, but are, I think, best cold. This is an excellent supper dish.

Eggs, Fried.—Just as in making an omelet it is absolutely essential to have a clean frying-pan, so, in frying eggs, a new, or at any rate a clean, unburnt frying-pan must be used. Break the eggs separately into a cup. Moisten the frying-pan with a little butter, lard, bacon fat, or dripping, but only a little. Fry the eggs gently, and take care they don't stick. As soon as the white is set, take them out carefully with a slice. If you put too much fat in the pan, bubbles will rise under the eggs.

N.B. — For some entrées ornamented with fried eggs, the eggs are "really fried"—*i.e.*, "boiled in fat." For this purpose the fat should be not less than four inches deep. The eggs are then slightly brown all over, like a ball.

Eggs, Hard-boiled. — Place the eggs in cold water in a saucepan, bring the water to a boil, and let the eggs boil for ten minutes after the water comes to the boiling-point. Take out the eggs, and let them get cold in cold water. When cold remove the outer shell, but do not cut up hard-boiled eggs for garnishing purposes till close upon the time they are wanted, as the yolk dries up, and very soon gets discoloured.

Eggs, Poached.—Break the eggs separately into a cup. Let them slide gently into some boiling water which has two or three drops of vinegar in it. Take the eggs out with a slice directly the whites have set, trim the edges, and place them on hot buttered toast. Eggs are sometimes conveniently poached in a frying-pan. Eggs, when poached in quantity, are apt to run together.

Eggs Poached in Gravy.—Poach the eggs in gravy instead of water. Serve them in their gravy, if clear. Or, poach the eggs in water, and serve with rich gravy poured round.

Eggs, Whisked.—A common wire whisk is the best for this purpose. Break the eggs to be whisked, separate the yolks from the whites, and remove the thread from each one with a fork before commencing to whisk. Beat the yolks till they are light, and the whites till no liquid remains in the bowl: they should be a strong solid froth. Experience, however, is the best guide for this process. No time can be specified, as much depends on the steadiness of the person manipulating.

To Break Eggs.—In breaking eggs care should be taken not to break the yolk, as in most cases eggs are spoilt when the yolk is broken; as, for instance, poached eggs, fried eggs, &c. First, recollect eggs should *always* be broken separately into a vessel, and not dropped one on to another, as one bad one would then spoil the lot. To break an egg, take a basin, and hold the egg in one hand and the basin with the other; give the egg a little smart tap in the middle on the edge of the basin. Then take the egg in your two hands, put it crack downwards, holding it as low as you can in the basin, and gently open it upwards, like a hinge. Avoid letting the contents drop any distance. The two half eggshells should be two cups nearly the same size. In breaking an egg, when you want to separate the yolks from the whites, proceed as before; but instead of holding the egg over the basin crack downwards, hold it sideways, with the big end downwards. Now open the egg like a hinge, and a quantity of white will run over into the basin, but the yolk and some of the white will keep in the hollow cup or eggshell. Then pass the yolk from one shell into the other very gently, and in doing this try and drop as much of the white as you can. You will find this easy, and very soon you will have the yolk quite free from the white.

To Thicken with Eggs.—When we thicken anything with eggs, what we must chiefly think about is to avoid getting the mixture "curdled." 1st. Anything that has to be thickened with eggs will curdle if it boils. 2nd. Eggs won't thicken anything at all till the mixture nearly boils; consequently we must be careful. Custard is a good illustration, as custard is simply sweetened

milk thickened with eggs. Take half a pint of milk, boil it in a small saucepan, and pour it into a jug. Put a large saucepan on the fire, half full of boiling water. Break a couple of eggs, yolks and whites, into a basin, and beat them up with a fork, adding the hot milk (which should be first sweetened), at first a teaspoonful at a time, and keep beating up the eggs till they are thoroughly mixed, and will allow a fork to pass through them like water, *i.e.*, with nothing hanging from the prongs. Add the hot milk and stir up; then pour it all back into the jug. Place the jug in the saucepan of boiling water, and keep stirring till the custard gets thick, then take out the jug and keep stirring till the custard is lukewarm.

Buttered Eggs.—Allow one fresh egg for each person, with an egg over, and one ounce of butter to two eggs. Break the eggs into a bowl, add a little salt and pepper, and beat them till they are light and frothy; put the quantity of butter to be used into a separate basin, place this over boiling water, and stir it till it is melted; put both butter and eggs into an enamelled saucepan, and *keep stirring* them over a gentle fire till they are hot through without being allowed to boil. Once or twice during the process turn them into the basin and back again, in order to mix them thoroughly and to ensure their being slowly cooked. Have ready two or three slices of hot buttered toast, a slice for each person. As soon as the eggs are hot turn them upon the toast, sprinkle a little chopped parsley over the top, and serve. If the eggs are not taken from the fire the moment they are lightly set they will be hard and leathery, even if they do not curdle.

Savoury Eggs.—Take as many small tins as there are eggs to be cooked—one for each person and one over is a usual allowance. Dariole moulds will be suitable for the purpose; but, wanting these, queen-cake tins or deep patty-pans may be used. Butter the tins well inside, and sprinkle in them a savoury mixture, made by mincing a slice of cold boiled ham (fat and lean together), parsley, pepper, and salt; a little chopped mushroom is a great improvement. Two ounces of ham and a teaspoonful of chopped parsley will be sufficient for three eggs. Break an egg carefully into each tin, put them side by side into a saucepan of fast-boiling water, and poach them gently till the white is thoroughly set. Have ready, in a hot dish, small circles of toasted bread, one for each egg. Turn the eggs carefully upon these, and serve. If liked, a small piece of broiled ham can be substituted for the buttered toast.

Asparagus, with Eggs.—Take asparagus that may be left, and cut all the green part into pieces the size of peas. Supposing there are a dozen heads of asparagus, melt an ounce of butter in a stewpan, put with it a tablespoonful of cream or milk, a tablespoonful of gravy, a little pepper and salt, and three well-beaten eggs. Throw in the asparagus, stir the eggs quickly over the fire for half a minute till they are set, pour the mixture upon a hot dish, garnish with toasted sippets, and serve very hot.

Omelet, Savoury.—In making omelets it is absolutely essential to have a clean frying-pan. As a rule it is safest to keep a frying-pan especially for omelets. It is impossible to make a nice-looking omelet in a frying-pan that has been in the least burnt, or, as a rule, that has been used for general purposes. Eggs may be fried in an omelet-pan, or pancake, but no meat should ever be cooked in it.

Chop up very fine a piece of onion as big as the top of the thumb, some

parsley—a teaspoonful when chopped—and chop with the parsley a pinch of mixed sweet herbs (*see* HERBS, p. 167)—as much as can be taken up with the finger and thumb. Break three eggs into a basin, and beat them up till they froth; add a saltspoonful of salt, and half a one of pepper, and the chopped onion and parsley, &c. Melt two ounces of butter in an omelet-pan (a clean frying-pan that has never cooked meat), and when it froths in the pan pour in the beaten eggs, &c., and stir quickly, scraping the bottom of the frying-pan with a spoon to prevent the mixture sticking and burning. As soon as this mixture begins to set, scrape it up into rather less than half of the omelet-pan, so as to make it a semicircle in shape; slacken the heat, and as soon as the mixture ceases to run, take the omelet-pan off the fire, and hold it in front of the fire, slanting the omelet-pan as much as possible consistent with not dropping the omelet. This will make the omelet lighter. The moment the top of the omelet show symptoms of changing colour, *i.e.*, of getting brown, place it on a dish, moving it with a slice similar to one used for fried eggs. Some rich brown gravy may be poured round the base, or the omelet can be served without. Some cooks add a tablespoonful of milk to the eggs.

Omelet Soufflé.—An omelet soufflé should be served in the same dish in which it is baked, and should be sent to table with the greatest expedition after it is taken out of the oven, as it falls and grows heavy very quickly. Break half a dozen fresh eggs into two bowls, separating the yolks from the whites. Whisk four of the yolks, and mix with them a teaspoonful of dry flour, three tablespoonfuls of finely-powdered sugar, a small pinch of salt, and any flavouring that may be preferred, such as grated nutmeg, lemon or orange rind, vanilla, &c. Butter the soufflé-pan, to keep the omelet from sticking to it, whisk the whites of the six eggs to a firm froth, mix them lightly with the yolks, pour the mixture into the pan, and bake in a quick oven. When it is well risen and brightly browned on the top, the omelet is done enough. Sift a little sugar over it very expeditiously, and serve. Some cooks put a hot flannel round the pan to prevent its cooling on the way to the dining-room. Time to bake, a quarter of an hour.

Omelet, with Ham or Bacon. Omelet, with Kidney. Omelet, with Oysters.—Whenever an omelet has any meat served with it—such as kidneys, ham, bacon, oysters—let the omelet set in the frying-pan round; that is, do not scrape it up into one side of the omelet-pan. When the omelet has nearly set, place a large gravyspoonful of stewed kidneys cut up small (*see* KIDNEYS), or a few slices of grilled ham or bacon (*see* BACON, GRILLED), or a gravyspoonful of scalloped oysters (*see* OYSTERS, SCALLOPED)—whichever is used—on one half of the omelet in the pan; lift the other half with the slice and cover over. This must be done just before it quite sets—when about a tablespoonful still runs. Take the omelet-pan off the fire, and with a spoon scrape what little is still unset round to the edges where the two flaps meet over the meat. Hold in front of the fire as before.

Omelet, Sweet.—Proceed exactly as in making a savoury omelet, only add a dessertspoonful of powdered sugar instead of the onion, herbs, pepper and salt. A pinch of salt should be beaten up with the eggs, with the sugar. When the omelet is finished shake some powdered sugar over it. A sweet omelet is much improved by a saltspoonful

of essence of Vanilla being added to the beaten eggs.

Cheese Soufflé.—This is a very nice way of serving up stale pieces of cheese. Grate the cheese, say, till you get a couple of tablespoonfuls. Mix this with a quarter of a pint of milk. Take two eggs and beat the white to a stiff froth, adding the yolks to the mixture, put in a little pepper and salt, and mix in the beaten white. Pour it into a buttered tin—a round-cake tin is best—and place it in a brisk oven. It will rise to four times the height it was when put in the tin. Serve as quickly as possible, as it commences to go down again directly it is taken out of the oven. Time to bake the above quantity, about twenty minutes. Wrap a dinner napkin folded, or a piece of ornamental paper, round the tin. It is best to have the napkin or paper ready, so that the hot tin can be dropped in it quickly. Enough for two persons.

Omelet, with Kirsch.—Make a sweet omelet, and heat a tablespoonful of kirsch, by holding a light under the spoon. As soon as the spirit catches fire pour it round the omelet, and serve flaming.

Omelet, with Pink Noyeau.—Take a tablespoonful of brandy, and add to it five or six drops of essence of almonds, and a few drops of cochineal to make it pink. Light this like the kirsch, and pour it round a sweet omelet, and serve flaming. Rum is also very good burnt with omelets.

Omelet, with Jam.—Make a sweet omelet, only let it set round like a savoury one in which meat is about to be added, place a large tablespoonful of jam on one side, fold the omelet over, and finish as directed above. Sift some powdered sugar over the top. Apricot jam is the best. Strawberry or raspberry jam are almost equally good, and a very nice sweet omelet is made with a tablespoonful of marmalade added instead of jam.

Omelet, with Cheese.—Prepare the eggs as for a plain omelet. Mix with them two ounces of finely grated Parmesan cheese, a small pinch of salt, and two pinches of pepper. Fry the omelet in the usual way, and before folding it over strew an ounce of Gruyère cheese finely-minced upon it. Fold, and serve immediately. Time, four or five minutes to fry. Sufficient for three persons.

Kidney Omelet.—Take the remains of a cold veal kidney, or if this is not at hand, cut a fresh one into slices, and fry it over a clear fire for three or four minutes. Mince it very finely, season with salt and cayenne, and mix two tablespoonfuls of the mince with the well-beaten yolks of six and the whites of three eggs. Add three ounces of fresh butter, broken small. Put two ounces of butter in an omelet-pan, let it remain on a slow fire until it bubbles, then pour in the mixture, and stir briskly for three or four minutes until the eggs are set. Fold the edges of the omelet over neatly, and turn it carefully upon a hot dish. Serve immediately. If too much cooked it will be tough. Sufficient for three or four persons.

Oysters, Omelet of.—Mince well a dozen fried oysters. Mix with them half a dozen well-beaten eggs; season the mixture with a small pinch of salt, a saltspoonful of white pepper, and the eighth of a nutmeg, grated, and fry the omelet in the usual way (*see* OMELET). Or, beat half a dozen eggs lightly, and fry them in hot fat until they are delicately set. Put three tablespoonfuls of oyster sauce into the centre,

fold the omelet over, and serve on a hot dish. Time, five or six minutes to fry the omelet. Sufficient for two or three persons.

Potato Omelet.—Take a large freshly baked potato, break it open, and scoop out the inside with a spoon. Beat this till smooth, and mix with it a little pepper and salt, a dessertspoonful of lemon-juice, and the yolks of four eggs. A minute or two before the omelet is to be fried, add the whites of the eggs beaten to a firm froth. Fry in the usual way, and serve on a hot dish. Garnish with parsley. Time to fry, five or six minutes. Sufficient for two persons.

Rice.—Rice forms a most useful and valuable article of farinaceous food. It is light, nourishing, easy of digestion, and cheap. In hot countries it is very largely used. Of the varieties of rice, Carolina is the best, largest, and most expensive. Patna rice is almost as good; the grains are small, long, and white. Patna rice is chiefly used for curries. Madras rice is the cheapest. In this country rice is greatly undervalued as an article of food. In times of scarcity it has been used as a partial substitute for flour. Ground rice is used for puddings, blancmanges, cakes, and custards. Rice should be kept closely covered, to keep insects from it.

Rice and Onion.—Cut up an onion and fry it a nice brown without burning it. Put the fried onion in a saucepan with half a pound of rice, fry the raw rice slightly till it begins to turn colour, then add some No. 2 Stock, and let the rice cook gently, and let it soak up the stock, taking care the rice does not burn. Season with a little nutmeg and pepper, and serve with grated cheese. Parmesan is the best, but any pieces of stale cheese-rind can be turned to account. When this mixture is coloured yellow with saffron, and served with the rice what we should call half-cooked, *i.e.*, hard in the middle—it forms the popular Italian dish known as Risotto à la Milanaise. It is quite possible that in this half-cooked form there may be more stay in it. It is generally served at the commencement of dinner. It is a very economical dish.

Rice Boiled for Curry.—Throw the washed rice into boiling water, and let it boil till it is nearly tender, about ten minutes, strain it into a sieve, and wash it with plenty of cold water, separating the grains as much as possible. Put the rice back into a buttered saucepan, put the saucepan on to a warm place by the side of the fire, and let the rice get gradually hot again, swell, and dry about half an hour. This is the way some Indian curry cooks boil their rice on board ship.

Rice, Borders of.—Plain boiled rice makes an excellent border for stews, or any good hash, or rich mince—such as minced chicken—as well as for fruit. The rice border can be very much improved in appearance by pounding the soft boiled rice into a paste, mixing in some eggs and shaping it either with a mould (a circular cake tin does very well for the purpose), or with the hands, into some ornamental shape, and then baking in an oven. Remember, however, if the rice is intended for meat, to boil the rice in stock. If the rice is intended for sweets, boil the rice in milk.

A very good method of shaping the rice is to get a strip of carrot and scoop it hollow, so as when it is pressed against the soft rice it will make it form a semicircular buttress. The mould can be fluted all the way round with one strip, and of course

all the projections will be the same size.

Rice, Plain Boiled.—To boil rice well is not so easy as many persons would think. Each grain should be tender, and yet separate from every other grain, *i.e.*, the grains of rice should not all cling and stick together in a mash. The first point in boiling rice is to see that the rice is clean; for this purpose it is necessary to wash it well in several waters. Next get a large saucepan or stewpan full of boiling water slightly salted, take the rice and sprinkle it with the hand into the water, boil it for ten minutes, then strain it off in a sieve; place the rice back again in the saucepan after buttering the bottom of it, and let the rice gradually swell and dry. Occasionally stir the rice while drying. The saucepan should not be put on the fire, but simply kept hot by the side of the fire. After about fifteen or twenty minutes the rice will be done.

Rice, Various ways of Cooking.—There are almost an infinite variety of dishes to be made from rice. Rice can be made into borders in which meats of various kinds—such as mince, stews, hashes, &c.—can be placed, as well as preserves of all sorts—such as jams, stewed fruits, apples, &c. Rice can be fried a light brown, and afterwards boiled, and is in this shape the basis of a number of dishes popular in the East. Saffron is often added, as well as fried onion and various kinds of meat, such as fowl, &c.; in which shape, with some stewed raisins, it forms a well-known Eastern dish known as Pilau. Recipes for a few of the most common preparations of rice will be given under their distinctive headings.

Rice Water.—The water in which rice is boiled contains a considerable amount of nourishment, and, under certain circumstances, more than the rice itself. When rice is taken as a nourishing food, it is best to cook it so that it, when tender, soaks up the liquor in which it was boiled. To make rice-water, boil some rice in some water till the rice is thoroughly tender. Strain off the rice for a pudding. Sweeten the water with a little sugar, and flavour it with a few strips of lemon-peel. Let it get cold. This is a very nice, wholesome drink for children in hot weather, especially with a lump of ice in it.

Rice with Cheese.—Boil some rice in some milk till it is tender and has soaked up the milk; then mix in some grated cheese, pepper, and salt; put the mixture in a small pie-dish, or tin, shake some grated cheese over the top, and bake in the oven till the top is nicely browned. The mixture must be fairly moist before it is baked, or it will get dry. Many think it is a considerable improvement to mix in a good teaspoonful of made mustard before baking. Mustard should be served with it. This can be eaten instead of cheese. The remains of the rind of cheese can be used up for the grated cheese. Water can be used instead of milk.

Rice with Lobster.—Make a rice border (*see* Rice, Borders of), and colour the mixture of rice a deep red while pounding with some lobster butter (*see* Lobster Butter, p. 55), and make a red border. Some of the red rice mixture can be rolled into red marbles, and some uncoloured into white marbles, and placed alternately round the top of the border. Fill the border with some mixture of lobster (*see* Lobster Cutlets and Lobster Sauce), or some curried lobster—*i.e.*, some meat of the lobster warmed up in curry sauce. (*See* Curry Sauce.) The contents of a tin of lobster warmed up in some

very hot and strong curry sauce makes a capital curry to fill this pretty red case.

Rice with Tomato.—Chop up a small piece of onion, and fry it in a little butter till the pieces are a light brown; mix it with some plain boiled rice, dry, which can also be fried a light brown, boil till tender; add a little pepper and salt, and a tablespoonful of tomato pulp. This quantity should about fill a pint measure. Serve hot with grated cheese at the commencement of dinner.

Rice (à la Sœur).—Wash half a pound of rice in two or three waters. Place it in a large saucepan with plenty of salted water, and boil quickly till tender, and in order to ascertain when this point is reached try the grains occasionally with the finger and thumb. Pour off the water, and shake the saucepan over the fire till the rice is dry. Add a slice of fresh butter, and a little grated nutmeg, pepper, and salt, and when these ingredients are mixed with the rice put in also the white meat of a dried haddock torn into flakes with two forks, and the whites of three hard-boiled eggs chopped small. Pile this mixture on a hot dish, sprinkle over the top the yolks of the eggs, which have been rubbed through a wire sieve, and mixed with an equal quantity of grated Parmesan, and put the dish in the oven for a few minutes till the surface is lightly browned. Serve very hot. A sprinkle of chopped parsley at the last moment improves the appearance of the dish. Sufficient for five or six persons.

Rice (à la Turque).—No. 1. Wash half a pound of rice in two or three waters. Throw it into a saucepan of boiling water, and boil quickly for five minutes. Drain and dry it. Slice a onion, and fry in hot fat till it is lightly browned. Take it out and fry the rice in the same butter over a gentle fire, turning it about continually to keep it from burning. When it is lightly coloured, pour over three pints of good gravy soup, lightly tinged with saffron powder, and let it simmer gently till tender. Add to the soup a slight seasoning of salt and cayenne, a thickening of flour and butter, and as much grated Parmesan as will season it. Boil the whole gently for ten minutes, and serve as hot as possible in a soup tureen. No. 2. Boil and dry the rice as above. Melt a slice of butter in a frying-pan, and fry in this the rice, first colouring it slightly with ground saffron, and seasoning with salt and cayenne. As the rice will burn very easily, it must be fried over a gentle fire, and should be thrown in just as the butter begins to simmer. When it is lightly browned throw in two tablespoonfuls of raisins, picked and cleaned. Serve very hot. The rice must be boiled until it is tender but unbroken.

Rice (à l'Italienne). — No. 1. Wash half a pound of rice in several waters. Throw it into boiling water, and let it boil until tender. Drain and dry it. Wash and drain a moderate-sized cabbage, and shred it finely. Melt a slice of fresh butter in a saucepan, fry in this four ounces of streaky bacon cut into dice, and add the shred cabbage, a tablespoonful of chopped parsley, and a little pepper and salt. A clove of garlic and a sprig of fennel may be also added, if liked. Cover the saucepan closely, and stew the cabbage as gently as possible for three-quarters of an hour. Put in the boiled rice, stew the whole a quarter of an hour longer, and serve the preparation piled high on a hot dish with grated Parmesan or Cheddar cheese sprinkled over the top. No. 2. Boil half a pound of rice, drain and dry it as before. Melt an ounce of butter in

a frying-pan, fry in this a moderate-sized onion chopped small, and add the dry rice, the pulp of three baked potatoes, an ounce of grated Parmesan or Cheddar cheese, and a little pepper and salt. When the mixture is thoroughly heated pile it on a hot dish. Lay on the surface some filleted anchovies or sardines, and serve immediately. No. 3. Boil and dry the rice as before. Fry a chopped onion with a spoonful of salad-oil or an ounce of fresh butter till lightly browned. Add two teaspoonfuls of curry-paste and half a pint of picked shrimps, and stir these over the fire for four or five minutes. Throw in the boiled rice and one ounce of grated Parmesan or Cheddar, and serve the preparation quite hot. No. 4. Boil and dry the rice as before. Fry it in hot fat, and mix with it any remains of fish, meat, or poultry that may be at hand, being careful first to divide these into small pieces. Season with pepper, salt, and grated nutmeg, add a spoonful of Parmesan or other cheese, and serve very hot.

Macaroni.—This is a peculiar paste or dough, prepared from wheat flour, and manufactured into tubes or ribbons. It is an Italian invention, and, though made by a simple process, has never been produced with such success in any other country. The grain grown in the southern districts of Europe is said to be the best suited to its manufacture, through its possessing a greater amount of gluten than any other sort of grain. The wheat, after being thoroughly washed, is freed from the husks, and ground in water-mills; when hot, water is added, till it is of the consistency of stiff dough. Five different qualities of flour are obtained by five separate siftings, the last giving the finest and most delicate that can be made. The dough is kneaded by means of a wooden pole, attached to a post fixed in the ground, and worked up and down as a lever, under one end of which the paste is placed. Or the kneading may be accomplished by the less agreeable process of piling up the dough and treading it out with the feet, after which it is rolled with a rolling-pin. In making the dough into tubes and ribbons, a hollow cylindrical cast-iron vessel is used, having the bottom perforated with holes or slits. This is filled with the paste. Then a piece of wood or a heavy iron plate is brought down upon it by means of a screw, and in this manner the paste is forced through the holes, and receives the shape of the perforations. The macaroni is partially baked as it issues from these holes, by a fire placed below the cylinder, and as it descends is drawn away and hung on rods, placed across the room, when in a few days it dries so as to be fit for use. The manufacture of macaroni is an important Italian industry, the article being not only largely consumed at home, but exported in considerable quantities to all parts of the world. In Geneva alone about 170,000 quintals of wheat are employed every year in its manufacture. The finest sorts of macaroni are the whitest in colour, and those which do not burst or break up in boiling. In the boiling process, macaroni should swell considerably, and become quite soft, but it should retain its form, otherwise one may conclude that it has not been made of the best wheat. Occasionally macaroni is flavoured and coloured with saffron and turmeric, to suit certain palates.

Macaroni Cheese.—Put a quarter of a pound of pipe macaroni into a saucepan with a little salt, and sufficient boiling milk and water to cover it. Let it boil until it is quite tender but firm, then put a layer of it into a well-buttered dish, and over that sprinkle some bread-crumbs and

a mixture of grated Parmesan and Cheshire cheese. Place three or four lumps of butter on it, and repeat with another layer of macaroni, &c., until the dish is full, being careful to have bread-crumbs at the top. Pour a little butter warmed, but not oiled, over the crumbs, and brown the preparation before a clear fire, or with a salamander, but do not put it in the oven for too long, or it will taste of oil. Serve with salt and mustard. Time, about thirty minutes. Riband macaroni may be used if preferred, and it will not require so much boiling. Parmesan cheese is far best, but grated cheese of any description will do. The remains of cheese that has got dry can be grated for the purpose.

Macaroni (Italian Fashion).—Boil a teacupful of macaroni until tender, strain it off, and put it in a stewpan with a little butter, pepper and salt. Add a tablespoonful of tomato pulp. This is now sold in bottles at all grocers. Serve hot and hand grated cheese separately. Parmesan is best, but any grated cheese will do. The stewpan can be rubbed with a bead of garlic. (*See* GARLIC, p. 166.)

Macaroni with Tomatoes and Kidneys.—Boil four ounces of macaroni, but in veal broth instead of water. Skin four fine fresh mutton kidneys, fry them lightly in butter, lift them from the stewpan, and mince them finely. Make a gravy in the same pan, adding a dessertspoonful of brown flour, half a pint of rich gravy, a couple of shallots, minced, and a pinch of cayenne. Stew the minced kidneys in this gravy for ten minutes, when part of the macaroni, which should have been kept warm, may be mixed and tossed in the pan for a few minutes to absorb the gravy. Serve turned out on a hot dish, arrange the remainder of the macaroni on the top, and pour hot tomato sauce over. Time, one hour to prepare. Sufficient for two persons.

CHAPTER XVI.

BREAKFAST, LUNCHEON, SUPPER, AND OCCASIONAL DISHES.

Bacon, Boiled. — Place the bacon in a saucepan, with sufficient cold water to cover it. Bring the water to the simmering point, and let it simmer gently till done—time, about half an hour for a pound for small pieces, less for larger. If possible, add to the water an onion, with two or three cloves stuck in it, one carrot, one turnip, and some sticks of celery. Skim carefully several times. If the bacon is to be eaten cold, let it get cold in the liquor in which it is boiled. When quite done, pull the skin off, and cover with bread raspings. (*See* BREAD RASPINGS.) If the bacon is cold when you put the raspings on, hold the top of it to the fire for a minute, or place a red-hot shovel near it to make it greasy, and moist enough for them to stick.

Bread Raspings.—These are convenient for ornamenting boiled bacon, hams, &c. They can generally be obtained from the baker gratis, or can be made at home by grating the outside of a nicely-coloured loaf of bread.

Bacon, Broiled. — Cut the bacon into thin slices, and place it on a clean gridiron; turn it once or twice till done, and serve very hot. A shut-up wire gridiron placed over a clear fire is best, as the bacon is more easily turned. This is a very nice, but an extravagant way of cooking bacon.

Bacon, Fried.—It would perhaps be a better title to call this receipt bacon cooked in a frying-pan, as this is one of the few exceptions where a quantity of fat is not required. The bacon should be cut in rather thin slices and laid in a clean frying-pan that has never been burnt. Our chief care is, not to blacken the fat that runs away from the bacon, and therefore a fierce fire should be avoided. The slices of bacon should be turned occasionally, and cooked slowly. When the bacon becomes transparent, it is sufficiently cooked. If the bacon is liked crisp and brown, rather more heat will be required. Avoid having too much fat in the frying-pan. Remember, you cannot fry bacon in an old burnt and blackened frying-pan if you wish it to look nice.

Bacon, Toasted.—Take thin slices of bacon, place them on the pins of an ordinary toaster; turn as required. They are more delicate if held on a fork before the fire, and if placed between the common wire toasters they can be easily turned when one side is browned. Fat bacon should be cut tolerably thick for toasting or grilling, lean bacon somewhat thinner. Serve on a hot dish. When toasted with an ordinary toasting-fork a dish should be placed underneath to catch the fat, which can be poured over a piece of hot dry toast.

Bacon and Beans.—When boiled bacon is served hot, its most suitable accompaniment is boiled broad beans. (*See* p. 205.) It is impossible to boil the beans and bacon in the same saucepan without spoiling one of them. Parsley and butter sauce should be served with the beans separately. (*See* PARSLEY AND BUTTER, p. 31.)

Bacon and Eggs. — Bacon fried or grilled is often served with eggs, which may be either fried or

poached; if the former, the same frying-pan will fry the eggs, but pour off some of the fat first (*see* EGGS FRIED AND POACHED, p. 182). The eggs should be placed on the bacon, care being taken not to break the yolks. In the case of poached eggs a very little chopped parsley can be sprinkled over the eggs by way of garnish.

Beef, Corned. — Corned beef should always be boiled. Corned beef will take longer to boil than ordinary fresh meat. When cold it should be glazed and ornamented with green parsley.

Beef, Corned, Tinned.— One of the best meats preserved in tins is corned beef. The tin should be opened by cutting off the biggest end. Corned beef preserved should be cut thin with a very sharp knife. It makes excellent sandwiches. (*See* SANDWICHES.)

Beef, Potted.—The best potted beef is made from meat cooked expressly for it by placing it in a jar tightly shut, with about a teaspoonful or more of water, and then boiling the jar for several hours in water, and letting the beef get cold before the jar is opened. Potted beef is generally made from the remains of cold boiled beef, or, indeed, any cold cooked meat will do. Remove all gristle and skin: cut it up, and either send it through a mincing machine, or pound it in a mortar, or rub it through a wire sieve. Then mix to every pound of beef half a pound of clarified butter, or less butter if you have a little strong gravy which is a *very* hard jelly when cold. Season with half a saltspoonful of cayenne pepper, a little salt, and half a grated nutmeg. A little dried powdered bay-leaf is an improvement, and you may rub the basin in which you mix the potted meat with garlic. Press the potted meat into small jars or pots, make them hot in the oven, and then cover with clarified butter, poured on hot, and then let the pots get cold.

Bones, Devilled and Grilled.—Grilled bones are—say, the remains of sirloin of beef bone—grilled over a fierce, clear fire. They should be sent up with the meat black. Devilled bones consist of bones grilled, but previously sprinkled with a mixture of equal parts of cayenne pepper, black pepper, and salt. It is sometimes best to butter the bone, and to cut insertions in the meat, and put the mixture in the cuts, with a little butter to make it stick. The fire must be very fierce, and fat can be thrown in to make it blaze.

Cheese, Stewed.—Place some pieces of stale cheese, cut up very small, in a tin with a little butter. Stir it about till all is mixed. Stew till cheese and butter are of one consistency. Serve very hot in the tin. Some add a small quantity of ale or stout, or a very little Worcester sauce.

Devil, To.—To devil anything is to make it very hot by means of cayenne pepper, ordinary pepper, mustard, &c., as well as by fire. Cold meat is devilled by sprinkling it with mixed cayenne, black pepper, and salt; then rubbing the meat with French mustard, and making it hot through over a gridiron. Some times the pepper, &c., is mixed with butter, the meat sliced in gashes, and the mixture inserted in the gashes: then grilled.

Drumsticks of fowls should be cut in gashes longways, the mixture inserted—say, French mustard and cayenne—then buttered and grilled.

Sandwiches.—Those who have visited railway refreshment rooms would, perhaps, scarcely credit the idea that sandwiches *can* be

made so that they are real delicacies. Very high-class sandwiches, suitable for ball suppers, may be made as follows:—

Cut some thin rounds of bread the size of a five-shilling piece. (Avoid bread with holes in it.) Fry these a light golden brown. Drain them on blotting-paper, and spread each round with a thin layer of Béchamel sauce (*see* p. 24) nearly set. Cover this over with a thin slice of the white meat of a cold fowl, or turkey, or pheasant. Sprinkle with a very little pepper and salt, and cover over with another round of fried bread, also spread with a very thin layer of Béchamel sauce. Pile up on a napkin in a pyramid shape, and ornament with parsley. It is needless to say that these sandwiches differ from the ordinary Mugby Junction article.

Lobster sandwiches can be made by putting the pounded flesh of lobster, similar to that made in making lobster cutlets, only without any onion, between slices of fried bread. Also salmon sandwiches, from fresh salmon or tinned salmon.

Anchovy sandwiches can be made as follows:—Chop up into little pieces, but not too small, some filleted anchovies; also chop up some hard-boiled eggs, and mix together, so that there is twice the quantity of egg to anchovy, and lay these between fried bread spread over with Mayonnaise sauce. Add also a little cayenne pepper.

Of course all these sandwiches can be made by using ordinary thin bread not fried, but frying the bread, though troublesome, greatly improves both the flavour and appearance of the sandwiches. If the bread in frying is cut into pieces two inches square, instead of into rounds, it greatly saves any waste.

For plain bread, use a square tin loaf. After making the sandwiches, cut them up into small squares or triangles, and trim the edges neatly, cutting off the crust.

Ordinary sandwiches from beef, mutton, ham, tongue, &c., are made by putting thin slices of meat between thin slices of bread and butter, and adding pepper and salt, and sometimes mustard. The thinner the sandwich is cut the better will it be. Egg sandwiches are made by putting thin slices of hard-boiled egg between thin bread and butter, and adding mustard and cress. (*See* Egg Sandwiches, next page.)

Sandwiches well made are admirably adapted for evening parties, and are more worth troubling about than a quantity of sweets that few care to eat.

Suppose now you have a few dishes of sandwiches piled up into pyramid form on a side-table, ornament as follows, which will also serve the purpose of describing to the company what they are:—

We will suppose we have some anchovy sandwiches, some lobster, salmon, egg, tomato, and chicken.

Pile up the sandwiches high, leaving a margin round the base; cover this with bright green parsley. Then round the base of the anchovy sandwiches place in a slanting direction, about three or four inches apart, some fresh anchovies, whole, but washed. Choose some with bright silver scales.

Around the lobster sandwiches put, the same distance apart, some small red crayfish. Round the salmon put a few slices of fresh salmon, or, if tinned, choose the most solid pieces. Sprinkle these with whole coral, boiled, of course, a bright red. Around the egg sandwiches strew mustard and cress instead of parsley, and lay rings of hard-boiled eggs cut out of the middle of each egg; the rest can be used for making the sandwiches.

Round the chicken sandwiches place the wings of the fowls cut off

short—*i.e.*, very little of the breast meat, but chiefly the bones; glaze these bones, which will not be eaten, a rich brown. Soy will do for this purpose. In cutting the wings off, get the piece of skin that would cover the white meat to join on to the bone; glaze this skin, it will give the appearance of a whole wing. Around the tomato sandwiches place some small bright red tomatoes, on the parsley. (*See* TOMATO SANDWICHES.)

If you wish to please your guests, a few well-filled dishes of this sort, and some good bitter ale, will be more appreciated than a quantity of second or third-rate sweets and bad champagne.

Indian Sandwiches.—Pound two ounces of cold chicken with one ounce of cold bacon, ham, or tongue. Moisten them in a small stewpan with a little stock; add a dessert-spoonful of curry powder, and another of curry paste, and, if liked very hot, add a little cayenne pepper. Let it simmer for ten minutes. Mix into a smooth paste, and make into sandwiches by spreading a thin layer of fried bread, and covering with another thin layer. These sandwiches are sometimes called Aberdeen Sandwiches, and sometimes Adelaide Sandwiches. A ball of Parmesan cheese and butter is placed on the top of each in the latter case.

Egg Sandwiches.—These are the best sandwiches for travelling. Cut some thin bread and butter. Sprinkle these on the buttered side with mustard and cress. Cut some hard-boiled eggs into thin slices; cover one side of bread and butter, sprinkle with pepper and salt, and cover the other over it. Trim the edges with a sharp knife, and cut into nice little triangular pieces. Wrap up the sandwiches in lettuce-leaves and then in paper, if wanted for travelling.

Tomato Sandwiches.—Tomato sandwiches are most refreshing in hot weather, especially when kept in ice. Cut some thin slices of bread and butter from a tinned loaf. Sprinkle these with mustard and cress. Cut some thin slices of tomato, cutting the tomato parallel with the core to avoid having rings from the core dropping out. Mix these slices lightly in some oil and vinegar and pepper and salt salad dressing (*see* SALAD); lay these slices on the bread, and cover over with the other slice of bread and butter sprinkled with mustard and cress. Cut these slices into squares or triangles, with a very sharp knife, and pile them up on a dish. Place a border of parsley round the dish, and ornament with some small bright, round, red tomatoes.

These are an excellent refreshment for garden parties in hot weather. Their chief beauty is being cool. An excellent "ice-house" can be made for them as follows:—Put a little rough ice on the grass, cover it over with a large dish turned upside down; pile the tomato sandwiches on the dish. Cover over with an ordinary metal dish-cover—a common kitchen one will do—take a cloth, and push it through the handle. Take two lumps of ice of moderate size, tie them up in the cloth, so that one lump touches the dish-cover on either side. Of course, when the four ends of the cloth are tied together the ice cannot fall out, but will rest in the cloth against the sides of the cover. The sandwiches after being in this cold "ice-house" for an hour are delicious. The ice underneath soon melts.

Fowl, Grilled.—Butter the remains of a cold fowl, cut into joints, pepper and salt them, and make hot through on the gridiron over a clear fire.

Ham, Broiled, Fried, or Toasted.—Sliees of uncooked ham may be either broiled on a gridiron, toasted, or fried. They are, we think, best when toasted on a fork. If broiled, the fire must be very clear. The ham should not be more than the eighth of an inch in thickness, and is better when soaked in hot water for a quarter of an hour, and then dried in a cloth before being cooked. Turn it as it gets erisp. Time, five or six minutes to broil. Sufficient, one pound for two persons.

Ham Fried with Eggs.—Cut the ham into sliees of a uniform thickness, and, if it is very hard and salt, soak it for eight or ten minutes in hot water, then drain and dry it in a cloth. Cut off the rind, put the slices in a scrupulously clean cold frying-pan, and turn them two or three times during cooking, put them on a hot dish, and if the fat is in the least discoloured, poaeh the eggs separately (*see* Eggs). Break the eggs, taking care not to break the yolks, and slip them into the pan. Take them up with a slice, drain them from the fat, and plaee them on the ham. Serve as hot as possible. Time, seven or eight minutes to fry the ham. Sufficient, a pound of ham and six eggs for three persons.

Kidneys, Fried.—Kidneys of all kinds can be cooked in a frying-pan, in a little butter. Be careful not to overdo them; they should be red when cut. A little water, flour, pepper, and salt added to the fat in the frying-pan will make a good gravy.

Kidneys, Grilled and Devilled.—Pepper and salt the kidney; if bullock's it must be cut up into pieces not larger than half a sheep's. If a sheep's, pig's, or calf's kidney, cut it open, leaving the two halves joined by the cord in the middle; some people, however, prefer them grilled whole. Grill, and moisten the kidney while grilling with a little dripping or butter. When cooked, they should be red and juiey in the middle. A little piece of butter mixed with some chopped parsley should be placed on each when cooked. To devil kidneys, use cayenne in addition to pepper and salt before cooking. Some devil sauce (*see* Devil Sauce) may be added.

Liver and Bacon.—Cut the liver, whether calf's (the best) or bullock's, or pig's, or sheep's, into strips about half an ineh thick. Flour them and fry them in a pan with some slices of bacon about equal weights. Commence to fry the bacon only a minute or so before you fry the liver. When it is cooked, make a little gravy in the frying-pan, by adding some water, thickening it with flour, and adding pepper and salt. Some persons rub the frying-pan with a bead of garlic or slice of onion.

Cold Meat. — When meat is served cold it should always be placed on a clean dish and ornamented with a little parsley. In the case of beef, scraped horse-radish may be added. If it be veal, a little glaze (*see* Glaze) rubbed over it makes a wonderful difference in its appearance. So also in all kinds of cold fowl or game. (For the various methods of warming up cold meat, *see* Curry, Hash, Mince, Rissoles.) Never attempt to spoil a cold joint by making it hot in the oven the second day, even if underdone; it is an idle as well as wasteful procedure. There is great waste in drying-up joints as well as in over-cooking them.

Muffins. — Toast the muffin thoroughly on both sides; then cut, or better, tear it open, and butter the inside plentifully. Put the two buttered pieces together, and serve in a dish placed on a basin of boiling water. Cover the muffins with a hot cover. Muffins are an extravagant dish, as, to be nice, they should

nearly swim in good frosh butter. Some persons sprinklo salt over muffins, from a salt-box like a pepper-box, called a "muffineer."

N.B.—When muffins are served to be eaten with meat, cut them across right through both halves once. When they are served to be eaten alone, such as at tea-time, cut them into quarters.

Olives. — Olives are sold preserved in salt and water in bottles. They are a popular dish for dessert, being sent up as they are in a little of the liquor in a glass dish. When used for garnishing salads, salmis, &c., they should be stoned. For this purpose cut them longways, keeping the edge of the knife against the stone the whole time. When the stone comes out this strip will roll up, and look like a whole olive.

Pig's Brains. — Pig's brains are generally served with the pig's tongue, like calf's brains and tongue. When a pig's head is used for soup and the tongue cut up and put in the soup, the brains will make a few small scollops, by boiling, cutting into small pieces and placing them in small escallop shells with pepper and salt, chopped parsley, small pieces of butter, and a little powdered sage; covering them with bread-crumbs and raspings, and baking them in the oven.

Pig's Feet.—Pig's feet are best stewed till quite tender. The liquor in which they are stewed can then be thickened with butter and flour or egg. Chopped parsley should be added, as well as a little pepper and salt. When stewed down with very little liquor they can be taken out, salted, peppered, and the liquor in which they were stewed poured over them just before it becomes a jelly, so as to mask the feet. Shake some bread raspings over them, and serve cold with parsley. The feet of sucking-pigs can be stewed till quite tender and fried in batter (*see* BATTER, p. 175).

Potted Meats.—All kinds of meats can be potted, and one general principle holds good for all. Remove the meat from the bones of some cooked hare, pheasant, snipe, ptarmigan, chicken or fowl, goose, turkey, grouse, or any kind of bird, and stew the bones in a little stock No. 2 till the stock becomes almost a glaze. Next, pound the flesh in a mortar, either alone, or if the flesh wants flavour, with half its quantity of cooked ham, and treat as for BEEF, POTTED, p. 193. The quantity of spice varies according to taste. If the potted meat is wanted to be kept a long time, a small teaspoonful of each may be added to every pound. Next, moisten the mixture with a little of the half-glaze made from the bones, and add some clarified fresh butter, melted, in sufficient quantity to make the whole moist. Press it down in jars, pour a little clarified butter over the top, and let it get thoroughly hot in the oven; or, still better, expose it to the action of hot steam. Then take out the jars, and let the potted meat get cold.

Too much spice and pepper spoil the flavour of the meat, therefore, for immediate use, add these sparingly. Red tongue can be mixed with fowl instead of ham, in which case a larger amount of butter must be used.

Ham can be potted by mixing one pound of lean ham with a quarter of a pound of fat ham. Butter will do instead of fat, but must in any case be added afterwards. If glaze of very strong stock is used to moisten this, it must form a *very* hard jelly when it is cold. A ham bone chopped up will make sufficient glaze if simmered a long time.

Lobster is best potted as follows:—Cut up all the meat of a lobster, coral and all, and put it in a stewpan

with about one-third of the same quantity of clarified butter, and to every pound of flesh add four anchovies, filleted. (*See* ANCHOVY, To FILLET, p. 45.) Let the saucepan be over the fire for about twenty minutes. Then pound the whole in a mortar with spices in proportion as before Then rub the whole through a wire sieve, press down in jars, make hot, and cover with clarified butter as before.

Shrimps and prawns are potted by pounding the heads and tails with some anchovies (four anchovies to a pound of meat) in a mortar with a little butter. Then rub all you can through a wire sieve, and add the picked shrimps or prawns whole, and some clarified butter. Season and finish as before.

Bloaters can be potted by scalding half a dozen bloaters, skinning and boning them, and mixing the flesh with about eight ounces of clarified butter, and seasoning with nutmeg or cayenne. Make hot over the fire, pound all in a mortar, rub through a wire sieve, and pot. Smoked or kippered salmon, &c., can be potted in a similar manner.

It is of the utmost importance, in all the above directions, to have the butter perfectly pure.

N.B.—If whole anchovies are not easily obtainable, a proportionate quantity of anchovy sauce can be used instead.

Porridge, Oatmeal.—Oatmeal porridge is a leading article of food with the Scottish peasantry. It is generally accompanied with milk, when milk is to be had; when milk is very scarce butter is sometimes used, sometimes sugar, and sometimes treacle or beer. "For most persons in a sound condition of health," says a north-country writer, "there is no more wholesome article of food than porridge and milk, none that contains a larger proportion both of flesh-forming and heat-producing substances; whilst to almost all who have ever been accustomed to its use, it is extremely palatable. Generally speaking, there is no better article of food for the nursery, none more likely to maintain a healthy condition of the stomach, or to give vigour to the frame; although there are exceptional cases, both amongst the young and amongst adults, in which the use of porridge is unsuitable, producing painful distension of the stomach and indigestion. Whilst the caprices of children ought not to be heeded in such a matter, the actual condition of their constitutions ought to be carefully observed and regarded. Porridge is in general made by simply boiling oatmeal in water, stirring all the time to prevent it sticking and burning, and to secure the thorough mixture of the meal and water into a homogeneous mass without *knots*. The quality of porridge very much depends on the amount of boiling which it receives. It cannot be too thoroughly boiled. Imperfectly-boiled oatmeal porridge is a very coarse article of food; and unfortunately much of the porridge used by the poorer classes in Scotland and elsewhere is of this character, and the porridge prepared for the nursery is often no better, through the carelessness of servants who wish to get through their work with as little trouble as possible. It is not nearly so digestible, and, therefore, not so nutritious, as porridge really well made. A common mistake in the making of porridge must also here be noticed as tending much to the deterioration of its quality—the adding of meal by degrees, whilst the boiling goes on, until the proper thickness is acquired, the result being that part of the meal is imperfectly boiled. The cook ought to know the proper proportions of meal and water—knowledge not very difficult to acquire—and mix them at once, so that all the meal may be equally well

boiled. But it is to be observed that the water must be boiling before the meal is put in, which is not to be introduced in a mass, but, as it were, strained through the fingers handful by handful as quickly as possible. The best thing with which to stir porridge while boiling is the handle of a wooden spoon.

The porridge boiled with water should be served in a soup plate. It should be like a thick pudding. Cold milk should be served with it in a jug.

Toast, Hot Buttered.—Hot buttered toast is a somewhat expensive luxury when made properly. Rather stale bread is best. The bread should be cut into slices about one-third of an inch thick. It should be toasted quickly in front of a clear fire a nice golden brown on both sides. It should be quickly buttered on both sides, and placed in a hot dish. Another piece should then be toasted and buttered, and placed on the top. When four or five slices have been piled up, cut through the heap, and cut the toast into strips. The toast should be perfectly saturated with pure country butter, and served so hot that it almost burns the mouth.

Tripe, Boiled.—It is almost needless to say that tripe must be thoroughly cleansed. It is often an improvement to soak tripe for two or three hours in milk, but it is not essential. Stew it gently in a little milk, with some onion sliced up in it. When both are tender, thicken it with white thickening. The tripe should be cut into strips before boiling—three or four inches long, and two wide.

Tripe, Various ways of Cooking.—Tripe can be cooked in various ways, but by far the best is the above—viz., stewed and served with onion sauce. Tripe can be boiled till tender, and then warmed in curry sauce. (*See* CURRY SAUCE.) Tripe can also be boiled till tender, allowed to get cold, and it can then be floured and fried, and served with fried onion. Tripe can be baked in a dish with some onions cut up, and partially fried. Time to bake, two hours. The dish must be filled up with water or milk, which must be carefully skimmed before serving. Tripe can also be stewed in good stock, with mushrooms and chopped parsley; this can be thickened with white thickening. Time to stew, two hours. Season with pepper and salt, and bay-leaf.

N.B.—The time for cooking tripe varies according to the state of preparation it is in when it is bought. Sometimes it requires little more than warming up.

Trotters.—Trotters, whether sheep's or pig's, are very glutinous, and when properly cooked are very nourishing. They require a very long time to stew. Take six sheep's or pig's trotters, and cover them with some No. 2 Stock, or some water, with an onion and a little parsley. Let them stew for five hours till they are perfectly tender. Take them out, and remove the flesh from the bones. Put the flesh away on a plate, put back the liquor, and boil it down to about a quarter of a pint. Strain it off, add a teaspoonful of chopped parsley, one or two leaves of tarragon, thicken it with two yolks of eggs well beaten up, add a little pepper and salt, and a teaspoonful of lemon-juice. Warm up the flesh in this sauce, which should be as thick as custard, and resemble it in appearance.

Trotters (another way).—Boil the trotters for four or five hours till tender. Boil the liquor away till there is only enough left to glaze them with. This liquor should have been flavoured with a little onion and coloured with extract of meat. Pour the liquor into a basin. Glaze

the trotters with it, letting it get cold outside like a jelly. When you finish one layer of glaze on the top of the other, before the last brush over gets cold, shake some bread raspings over the trotters. Ornament them with parsley. They can be eaten cold with oil and vinegar; serve some finely-chopped raw parsley and raw onion on the dish with them, in separate heaps.

Twice-laid.—This is a very common dish on board ship, as it is made from dried and salted fish. Soak whatever fish is used. Boil it till tender, remove the meat from the bones, mix it with some butter, and a teaspoonful or more of anchovy sauce. Add some remains of potatoes. Season with plenty of pepper and a little salt. Press it into a buttered mould, and make it hot, turn it out on to a dish, ornament with hard-boiled eggs cut in halves. This is a good breakfast dish. Put about two parts fish to one part potato; or it is very good with half of each.

Welsh Rabbit.—Make a slice of dry toast. Put a piece of butter in a stewpan, break some cheese up into little pieces, and melt these in the butter. Pour the butter on to the toast first, and then the melted cheese. The oiled butter always floats at the top of the cheese. Some persons mix mustard with it, others add a spoonful of old ale, and some a little Worcester sauce. Mustard, unless it is known to be liked, had better be served separate. If old ale is added, it must be very good—like A 1 Burton ale. Welsh rabbit must be served very hot. A nice moist yellow cheese is best, a dry American the worst, for Welsh rabbit.

Scotch Woodcock. — Hard-boil three eggs, take off the outer shells, and cut them up fine with a knife and fork in a basin with a couple of ounces of butter, add a tablespoonful of anchovy sauce (grocers'), and half a saltspoonful of cayenne pepper; spread the mixture on a large square of hot buttered toast, make the whole hot in the oven, and serve. Don't forget to shake the bottle first before pouring out the anchovy sauce.

Another method, and perhaps a more delicate method, is to make a rich Anchovy Toast (this is made with anchovies pounded with butter and spread over the toast thick and hot). Make a light omelet with three eggs and two ounces of butter (*see* OMELETS), beating the whites separately; as soon as it sets pour the light omelet over the anchovy toast. Take care the toast is hot.

The best way to make Scotch Woodcock is to prepare a rich hot anchovy toast with plenty of butter, and cover it with whipped cream.

Salad.—The nicest of all salads is plain French lettuce-leaves, young, crisp, and dry. Old lettuces that have got bitter are worse than useless. Take a salad bowl, and rub the bottom of it with a bead of garlic or a slice of onion. Add the leaves of three French lettuces, quite dry. If possible avoid washing the leaves, but simply wipe them on a clean cloth. Next, if possible, add three fresh tarragon leaves, and a very little parsley, chopped very fine; sprinkle these over the salad. Boil an egg hard and cut it into quarters, allow one egg to each person, and place round the edge of the dish. Do not dress the salad till it is wanted, and then proceed as follows for the above quantity:—Take a tablespoon, and place in it a saltspoonful of salt and another of black pepper, fill the spoon with oil, holding the spoon in the left hand. Stir up the salt, oil, and pepper, with a fork, and pour over the salad, and mix it together for a minute, tossing the leaves round and round very lightly.

Then add another tablespoonful of oil, and again mix thoroughly, so that every part of every leaf is thoroughly oiled before the vinegar is added. Then add about half a tablespoonful of vinegar, and again mix thoroughly.

There is an admirable Spanish proverb about dressing salads. It says it requires four persons to mix a salad:—a spendthrift to throw in the oil, a miser to drop in the vinegar, a lawyer to add the seasoning, and a madman to stir it together.

Salad Mayonnaise with Meat, &c.—Salads mayonnaise can be made exactly as lobster salad (*see* LOBSTER SALAD MAYONNAISE) is made, by substituting for lobster cold boiled salmon, or cold boiled sole, smoked salmon, cut very thin (raw), cold chicken, roast or boiled, cold turkey, crayfish, picked prawns (very expensive), or picked shrimps—this last is the most delicious salad there is. The shrimps must be fresh. A pint when picked will do for three lettuces. Two quarts of fresh-boiled shrimps will make a pint of picked. Act in every respect as in making lobster salad. (*See* LOBSTER SALAD MAYONNAISE.) When raw herrings or sardines are added to salad, mayonnaise sauce is not suitable.

Salad, English, Old-fashioned.—The old-fashioned English salad is composed of a mixture in which lettuce is the chief part, but to which is added mustard-and-cress, beetroot, celery, cut up fine, spring onions, &c. The salad-dressing for this varies according to the tradition in the family. It is a compound of milk or cream, hard-boiled yolks of eggs powdered, made mustard, pepper and salt, vinegar used rather freely, anchovy sauce, sugar, &c. Oil, which ought to form the chief part of salad dressing, used to be dropped carefully as if it were some dangerous poison. Indeed, to a certain extent this was requisite, as the oil too often was green and rancid from having been kept too long. Perfectly pure oil, like perfectly pure butter, is almost if not absolutely tasteless.

Lobster Salad Mayonnaise.—Get two or three nice French lettuces, see that they are thoroughly clean, and if possible avoid washing them. Separate the leaves, and see that they are dry, but do not cut them. Pile them up as firmly as possible on a dish, making a mound of them. Cut up the meat of a lobster into small pieces, and place these over the top as smoothly as possible. Next: make some mayonnaise sauce as thick as butter in summer time. (*See* MAYONNAISE SAUCE). Cover the whole over with this. Ornament the edge with the small red claws bent, and hard-boiled eggs cut into quarters. Stick a few French capers, dried from their vinegar, into the sauce. Take a little finely-chopped parsley on the end of a knife, and holding the knife high up, let it fall in a shower over the white mound. Next, if possible, get a little lobster coral in small pieces the size of a pin's head, and let them fall. These green and red specks on the white make it look very pretty. Fillet six anchovies, and lay them crossways near the base of the mound, as well as a dozen olives, the stones of which should be removed. If the salad is large, a few small red crayfish—one at the top, and a few round the base—form an excellent additional garnish. Cucumber peeled and sliced thin can be placed round the edge of the dish as a border.

Lobster Salad, Plain.—Cut up all the meat of the lobster, mix it with some salad, and dress as an ordinary salad. (*See* SALAD.)

German Salad. — Take any kind of cold cooked vegetables, such

as potatoes, carrots, turnips, greens, &c.; dress as an ordinary salad. (*See* SALAD AND MACEDOINES.)

Tomato Salad.—Ripe, round, red tomatoes make a delicious salad. The best tomatoes are the small, round, smooth ones perfectly red all over. Cut these in slices. Take out the core and pips. Place them in a salad bowl rubbed with a bead of garlic, and dress them in the ordinary way with oil and vinegar. (*See* SALAD.) Potatoes cut in slices, and a little chopped parsley, can be mixed with them.

Potato Salad.—Slice up some cold potatoes—new potatoes make the best salad—into slices about a quarter of an inch thick. Rub a salad bowl with a bead of garlic or a slice of onion. Sprinkle some chopped parsley over the cold potatoes, and dress them like an ordinary salad, being careful not to add any vinegar till they are well mixed in the oil. Mix one saltspoonful of salt and one of pepper in a tablespoon with some oil, and pour it over the potatoes, and toss them lightly together. Add another tablespoonful of oil and mix thoroughly; last of all, add one dessertspoonful of vinegar.

Slice up, small, a few gherkins out of a bottle of pickle, and add to the salad. A few fresh mint-leaves, or fresh tarragon leaves chopped fine, are an improvement. Other cold boiled vegetables can be added.

Curry.—Curry is meat, or fish, or, indeed, any kind of food, served up in a sauce made with curry powder or paste. This paste or powder is usually bought ready made. It is composed of various spices and colouring matter, and is very hot. Curry is a favourite dish in hot climates, especially India.

Australian Meat Curried.—This is perhaps the best method of all for cooking Australian meat. Cut the tin open, and warm the tin just enough to melt the jelly. Pour out the jelly, and with it make some good curry sauce (*see* CURRY SAUCE); or it can be added to some curry sauce, and if there is much jelly, some more curry powder can be added. Make the sauce hot. Warm up the meat in it, and serve it up as soon as the meat is hot through. Boiled rice can be served with it, or not, as wished.

Beef, Curried.—A very nice way of using up odds and ends of cold beef is to curry it. For instance, the remains of the end of a sirloin of beef. If the beef is coarse-grained, shred the meat with a couple of forks; then warm up in some curry sauce. (*See* CURRY SAUCE.) Don't let the beef be too long warming up, as it is already sufficiently cooked. Serve some rice in a separate dish, or the curry can be placed in a rice border. (*See* RICE BORDERS, p. 187.)

Rabbit, Curried.—Parboil the rabbit for about twenty minutes in the stock-pot, if possible. Let it drain and get cold; then cut up the rabbit into joints. Flour these, and fry them of a light brown colour, in a frying-pan with a little fat or butter. Warm these joints up in some curry sauce. It is, however, more economical to cut the meat from the bones, and only curry the meat. (*See* CURRY SAUCE.)

The remains of roast or boiled rabbit will make curry by simply being warmed up in the curry sauce. It is generally best to cut the meat from the bones, warm up the meat only in the curry, and put the bones back to make stock. This can be done whether the curry is made from a whole rabbit, or merely from the remains of one that has been served previously.

Fowl, Curried.—The remains of a cold fowl make one of the best

curries. Cut the meat off the bones, shred it, warm it up in curry sauce. (*See* CURRY SAUCE.) Use the bones for stock.

Fish, Cold, To Re-dress and Curry.—Any kind of cold fish can be warmed up, after all the bones have been removed, in the remains of the sauce served with them. The fish should be cut up small, placed in saucers or scallop shells, some bread-crumbs and raspings shaken over the top, and a few little pieces of butter on them, and the whole warmed up in the oven. Season with pepper and salt.

Cold fish can always be warmed up in some curry sauce (*see* CURRY SAUCE), or fish sauce from bones. (*See* FISH BÉCHAMEL, p. 24.)

Sweetbreads, Curried. — Egg-and-bread-crumb the sweetbreads. (*See* SWEETBREADS, p. 176.) Fry them as directed, and pour some curry sauce round them, not over them. (*See* CURRY SAUCE.)

CHAPTER XVII.

VEGETABLES.

To Boil Vegetables.—In boiling meat, the great point was not to let it boil. In boiling vegetables, the great point is not to let the boiling stop. All vegetables, with three exceptions, must be thrown into boiling water which contains salt in the proportion of a brimming tablespoonful to every half-gallon of water.

In order to obtain a good colour, you must not shut in the steam. Therefore do not put a lid on the saucepan, except to help to make the water boil up, for the cold vegetables thrown in will take the water off the boil. Have plenty of water, especially for greens of all kinds. Choose a big saucepan, and get it full of boiling water in plenty of time. Then the water will come to a boil more quickly after the vegetables are thrown in. It is also advisable when boiling greens to soften the water by adding a small piece of soda, the size of a big pea, or, say, two peas.

Be very careful to wash vegetables thoroughly, and examine them for slugs, &c. Cauliflowers and greens should be soaked in salt and water for some time for this purpose. Spinach should be allowed to float on water in a deep vessel, and then be lifted out with the hand and placed in deep water in another vessel, in order to let any grit sink. Any vegetables peeled should be thrown into cold water till it is wanted to boil. In boiling cauliflower, cut the stalk so that it will stand upright. Don't let the water boil so violently that it makes the cauliflower jump about, as this will break it. Experience will best tell you when vegetables are sufficiently cooked. As soon as they are tender is the point, and you can try them with a fork. The moment they are done, take them out and serve them, as they get spoilt by over-cooking.

A *very* common fault with cooks is to get their vegetables—greens or cauliflowers, &c.—done long before they are wanted, thereby spoiling them. The only remedy for this is common sense.

The three exceptions to placing vegetables in boiling water are old potatoes, old Jerusalem artichokes, and dried haricot beans. Both these former, when new, and the latter when fresh, should be placed in boiling water as other vegetables.

In boiling puddings, such as little suet dumplings, to be served with meat like a vegetable (time half an hour), put a plate at the bottom of the saucepan, as, when first thrown in, they will sink, and sometimes stick at the bottom of the saucepan and burn. When they swell with boiling, they get light and float. Puddings are generally boiled in a cloth.

Serving Vegetables.—Vegetables, especially greens of all kinds—peas and French beans for instance—should be kept boiling till done, and then served directly. Cooks very often strain off vegetables too soon, and keep them hot, thus spoiling them. Suppose you have a dish of green peas: calculate how long it will be before they are wanted, and allow that time. Suppose they are young green peas, they will take twenty minutes. If there is soup and fish, you must not throw the peas into boiling water till just before you take in the soup. Have ready on the kitchen table a vegetable dish with a little hot water in it. Have also ready a colander in

a good-sized basin. When you take in the joint, come back quickly into the kitchen, pour the boiling peas into the colander, empty the vegetable dish into the saucepan, turn the peas into the hot vegetable dish, put on the cover, and take them into the dining-room. How different these peas will be to those strained off perhaps, five, or even ten, minutes before. Everything, however, depends on getting things arranged beforehand. In fact, what is wanted is common forethought.

Artichokes, French, Boiled.—First soak the artichokes in strong salt and water for some time, and afterwards rinse them in several waters, in order to expel the insects. Cut the stalks even, and trim away the lower leaves and the ends from the upper one. Boil them in plenty of boiling salted water, with the tops downwards, and let them remain until the leaves can be easily drawn out. Send a little Dutch sauce (*see* Dutch Sauce) to table with them. Boiled artichokes often form a separate dish. The leaves should be pulled out with the fingers, and dipped in the sauce. Time, if young, about half an hour; longer, if old. Allow one for each person.

Artichokes, French, Fried.—Wash, trim, and boil the artichokes as directed in the recipe for boiling. Remove the chokes and the leaves, leaving only the tender part. Cut them into about half a dozen pieces, then dip them in batter (*see* p. 175), fry in hot fat until they are lightly browned, and serve with fried parsley. Time to fry, five or six minutes. Allow three for four persons.

Artichokes, Jerusalem, Boiled.—Peel the artichokes, and throw them into cold water to prevent their turning colour. Throw them into boiling water, if young, and boil from fifteen to twenty minutes. Try them with a fork to see if they are tender, as, like potatoes, they spoil if they are the least overcooked. The water must be salted. Old artichokes must be placed in cold water, and allowed to boil till tender. Directly they are tender, drain them off, and place them in a vegetable dish, and pour over them either some butter sauce (*see* Butter Sauce), or some white sauce (*see* White Sauce). If the latter, ornament by sprinkling a little chopped parsley over them; if the former, a pretty way to decorate the dish is to place a boiled Brussels sprout between each artichoke.

Asparagus.—Take care to have the asparagus fresh. When the heads droop they are stale. Scrape the stalks white near the roots. Soak them in cold water, and cut the stalks an equal length. Throw them into boiling salt and water. When done drain them, and send them to table on a slice of hot toast, the white ends outwards each side. Time, from fifteen to twenty-five minutes, according to thickness. Serve a little butter-sauce (*see* Butter Sauce), or oiled butter separately, but don't pour it over the asparagus.

Beans, Broad, Boiled.—Broad beans, to be nice, must be young and fresh. Boil in the ordinary way. Time, about twenty minutes. These are best eaten with hot boiled bacon or ham. Serve some parsley and butter sauce with them. (*See* Parsley and Butter Sauce.)

Beans, Broad, Mashed.—This is really a way of using up old beans too old to boil. Boil the beans, if old, for rather more than an hour. Take off the hard skins, and mash with a little butter, or, better still, some bacon fat: or, scrape a piece of fat cold boiled bacon, and add. Also add a little pepper and salt. After mashing, make them

hot in a saucepan by stirring them about.

Beans, French, Boiled.—French beans, like broad beans, should be young and fresh-gathered. Take the beans, and cut off the two ends, and peel off the string that runs down the edge of each side of the bean, one on each side; when young, they are best boiled whole; when more mature, they must be cut in strips; when old, cut them slanting. Boil in the ordinary way. Time from fifteen minutes for young beans to rather more if older. Drain thoroughly, and serve very hot. A little piece of butter may be added.

Beans, French, Cold.—The remains of cold French beans make a most delicious salad, dressed with a little oil, vinegar, pepper, and salt. (*See* SALAD SAUCE, p. 33.) A little chopped parsley may be added, and they may be mixed with cold potatoes.

Beans, French (French fashion.)—Proceed as above, and, after straining, put them back in the saucepan, with a piece of butter, some lemon-juice, pepper and salt, half a saltspoonful of powdered sugar, and just a "suspicion" of nutmeg. The saucepan can also be rubbed *very slightly indeed* with a bead of garlic.

Beans, Haricot.—White haricot beans are a very cheap and nourishing form of food, too much neglected in England. Put the beans into water to soak over night, and put a piece of soda as big as a pea in the water. Should any beans swim, throw them away, as it shows they are bad. Then place them in cold water without any salt, or, still better, in some greasy stock, and boil till tender, about two hours or even more. Strain them off, and serve. If boiled in water, a little piece of butter should be mixed with them after they are boiled.

Beans, Haricot (French fashion).—Proceed as above. Boil the beans in water; strain them off. Then rub the bottom of the saucepan with a bead of garlic. Put back the beans, and mix in a piece of butter, a teaspoonful of chopped parsley, and the juice of half a lemon.

Beans, Haricot (another way).—Boil the beans tender in water, proceeding as above; drain them off, and add a quarter of a pint of pure olive oil. Rub the saucepan with garlic, and add the chopped parsley, and let the beans stew in the oil for ten minutes or longer. Add pepper and salt, and serve them with some fried bread round the beans.

Beetroot, Boiled.—Wash the beetroot, without breaking the skin; boil for about two hours. Let it get cold, then cut it in slices. Dress as for salad.

Broccoli.—Trim the broccoli, and soak it in salt and water in order to get rid of any insects. Boil it in the usual way. Time, from ten to fifteen minutes.

Brussels Sprouts.—Wash the Brussels sprouts in cold water, and pick any dead leaves away, and trim the stalks. Boil in a large saucepan. Time, about fifteen minutes.

Cabbage, Boiled.—Cut off the stalks, and trim away the outside leaves, and any dead ones. Cut the cabbages in halves, wash them thoroughly, and soak them in salt and water. Boil. Young summer cabbages take from ten to fifteen minutes, old ones half an hour; but try them with a fork, and take them out directly they are tender.

Cabbage, Savoy, and Brussels Sprouts.—Wash and pick off the outer leaves. Place the vege-

tables in a pan of boiling water, to which has been added a handful of salt and a very small piece of soda. Let them boil quickly until tender. Drain the water from them, and serve as hot as possible. Pepper slightly, and spread a little butter over them. Send a little melted butter to the table with them, but not on them. Savoys should be drained from the water, and may be pressed into the dish, and cut in squares. The best way to keep greens a good colour is to put them into the saucepan when the water is boiling; keep them boiling fast all the time; let them have plenty of room and plenty of water; let them be *uncovered*, and take them up as soon as they are cooked. Time, ten minutes for sprouts, half an hour or more for savoys. Two pounds will be sufficient for four or five persons.

Carrots, Boiled.—Wash and scrape, but do not peel them. Young carrots take twenty minutes to thirty minutes, according to size. Old carrots, the longer the better.

Carrots (à la Flamande).—Take a bunch of young carrots, which alone are suitable, wash them well, cut off the heads and points, and place them in boiling water for five minutes. Take them out, drain, rub off the skin with a coarse cloth, cut them into very thin slices, and put them into a saucepan with a cupful of water, a little salt and pepper, and a piece of butter the size of a small egg. Cover them closely, and simmer gently for twenty minutes, shaking the pan occasionally in order that they may be equally cooked. Mix the yolks of two eggs with a cupful of cream, and a dessertspoonful of finely-chopped parsley, and a leaf or two of tarragon. Draw the pan from the fire for a couple of minutes, taking off the cover; put a tablespoonful or two of the liquid, with the eggs and cream, then pour the whole gradually into the saucepan. Stir the sauce until it thickens, and serve the carrots with the sauce poured over them. Time to stew the carrots, half an hour. Sufficient for four or five persons.

Cauliflower, Boiled.—Soak in salt and water for some time; boil; time varies with size, from fifteen to twenty-five minutes. Some persons serve butter sauce, or melted butter with cauliflower.

Cauliflowers, with Parmesan Cheese.—Choose three or four young, firm, white cauliflowers; cut off the stalks and the stems, making them flat, so that they will stand nicely in the dish. Cleanse them thoroughly, and boil them until tender, but not sufficiently so as to run any risk of their breaking. Dish them so as to make them look like one cauliflower, and powder them thickly with grated Parmesan cheese. Pour some good white sauce over this. When it is firmly set, add another layer of cheese, and strew over this some finely-grated bread-crumbs. Sufficient for six persons.

Celery.—This vegetable imparts an agreeable and peculiar flavour to soups, sauces, &c. It is generally eaten raw, the brittle leaf-stalks being the Englishman's favourite accompaniment to bread and cheese. There are several ways in which it may be nicely prepared, and when cooked it is more digestible and equally palatable. When the roots are not to be had, the pounded seed is an excellent substitute for flavouring. It is in season from October to February, and it is better when it has been touched by the frost.

Celery, Stewed.—Cut the celery into pieces about four inches long. Stew it till tender in a little stock. Thicken the stock with a little white thickening, and serve the

celery in it. Add a "suspicion" of nutmeg. A little cream boiled separately if added to the sauce is a great improvement.

Celery, Purée of.—Wash thoroughly four heads of fresh white celery, cut them into small pieces, and put them in a stewpan, with an onion sliced, and a quarter of a pound of butter. Let them simmer very gently till tender; then add a quarter of a pound of flour mixed smoothly with a pint of milk, or, better still, a little cream. Let this boil up; then pass the whole through a wire sieve, season with salt, pepper, and a little piece of sugar, and add some butter and very thick cream to the purée. Serve in the middle of a dish, with cutlets, &c., round. Time for young celery, three-quarters of an hour; if old, one hour and a half.

Cucumber, To Dress.—Cucumbers are never nice when stale, but can be kept fresh by the stalk end being kept in water, just as flowers may be preserved for a time by similar means. To dress cucumber, first peel it very finely, or as much of it as is likely to be required; then cut it into very fine, thin slices, the thinner the better. Place these slices in a dish, with some good salad oil and a pinch of salt, and mix thoroughly with the oil, till every piece of cucumber is oiled; then pepper the slices and mix again, and add a very little vinegar at the last. Proportion of oil to vinegar, two tablespoonfuls of oil to half a tablespoonful of vinegar. It is essential that the oil be perfectly fresh and pure. Some people like a few slices of onion served with the cucumber.

Cucumbers, Stewed in Brown Gravy.—Take two or three young fresh cucumbers. Peel them, and cut them into quarters lengthwise, remove the seeds, dry them, dip them in flour and fry them in *hot* butter till they are lightly browned. Lift them out with an egg-slice, drain them, and put them into a saucepan with a teacupful of good brown gravy. Season with pepper and salt, and stew them gently until tender. Just before serving add a dessertspoonful of chilli vinegar and a small lump of sugar. Time, half an hour. Sufficient for a moderate-sized dish.

Cucumbers, Stewed with White Sauce.—Proceed as above, only do not brown the cucumber, and substitute white sauce for brown gravy.

Horse-radish, for Garnish.—Horse-radish makes an excellent garnish for roast beef or rump-steak as well as having the advantage of being eaten with it. It should be first thoroughly washed, and then scraped into thin white shavings.

Leeks, Boiling of.—Leeks are generally used in soups, &c. If served alone, take them when very young, trim off the root, the outer leaves, and the green ends, and cut the stalks into six-inch lengths. Tie them in bundles, put them into boiling water, with a dessertspoonful of salt and a tablespoonful of vinegar, and let them boil until quite tender. Drain them, and serve like asparagus, on hot toast, pouring white sauce or melted butter over them. Time to boil, half to three-quarters of an hour. Sufficient for five or six persons.

Leeks (à la Flamande).—Rub half a pound of fresh butter into a pound of flour; add half a teaspoonful of salt, the yolks of two eggs, and three-quarters of a pint of water. Mix thoroughly. Divide this pastry into four parts, and roll these out into rounds about six inches in diameter. Have ready a dozen leeks, prepared as follows:—Wash them in

two or three waters, trim off the root and the outer leaves, strew a tablespoonful of salt, a teaspoonful of pepper, and half a grated nutmeg over them, and pour over them half a pint of cream. Let them soak for half an hour. Put the rounds of pastry on a baking-dish; fill each one with the leeks, draw up the sides to the centre, fasten them securely together, and bake in a good oven. Time to bake, half an hour. Sufficient for half a dozen persons.

Lentils, Boiled.—Put a breakfast-cupful of German lentils to soak in plenty of cold water over-night. Drain the lentils, and boil them in about three times their bulk of water. In about half an hour they will be tender without being broken at all. Drain them, and return them to the saucepan, with a slice of fresh butter, a little pepper and salt, and a tablespoonful of vinegar. Shake them over the fire till they are quite hot, and serve immediately. To make them very good, melt an ounce of butter in a clean stewpan, and throw in a small onion finely chopped. Stir in a teaspoonful of flour, add pepper and salt to taste, and sufficient stock and vinegar mixed to make a thick sauce. Put in the lentils, and simmer for ten or fifteen minutes. Some persons prefer lemon-juice to vinegar.

Lettuce.—There are two sorts of lettuces, the cabbage and the cos. They are chiefly used for salads, but may be also boiled or stewed, and served as a vegetable. They may be had all the year, but are in full season from March to September.

Lettuce, Boiled.—Wash four or five lettuces thoroughly, cut away the thick bitter stalks, but retain all the sound leaves, whether green or white. Boil them ten or fifteen minutes in plenty of salted water, then throw them for a minute into cold water, strain, and chop lightly. Put them into a stewpan with a pint of good white sauce. Season them with salt, pepper, and a quarter of a nutmeg, grated, and simmer gently until quite hot. Draw the saucepan to the side for a minute, and stir among the lettuces the well-beaten yolks of two eggs. Sufficient for four or five persons.

Lettuce, Stewed.—Take four good-sized lettuces, trim away the outer leaves and the bitter stalks; wash the lettuces carefully, and boil them in plenty of salted water until they are tender. Lift them into a colander, and squeeze the water from them; chop them slightly, and put them into a clean saucepan with a little pepper and salt and a small piece of butter. Dredge a little flour on them, pour over them three tablespoonfuls of good gravy, and simmer gently for a quarter of an hour, stirring all the time. Squeeze a dessertspoonful of vinegar or lemon-juice upon them, and serve as hot as possible, with fried sippets round the dish. Time, altogether, three-quarters of an hour. Sufficient for half a dozen persons.

Macédoines in Tins.—Macédoines are mixed vegetables sold in tins. They usually consist of carrot, turnip, peas, beans, &c., and are exceedingly useful to put in clear stock No. 1 to make soup, or they can be used as a garnish to cutlets, &c. Being cooked, they only require warming up. They can also be drained off and dressed as a salad. (*See* SALAD, p. 33.)

Onions, Spanish, Baked, &c.—Place a saucer in a saucepan, and add enough water just to cover the saucer. Place a Spanish onion in the saucer, and let it steam till tender—about three hours.

Spanish onions can be baked in the oven, with a little butter to pre-

vent them sticking. Time, about three hours. Some cooks remove the core and fill the space with butter and flour mixed.

Onions, Spanish, Pickled.—The remains of a cold Spanish onion make an excellent pickle or salad, dressed with oil and vinegar like an ordinary salad.

Onions, Spanish, Plain Boiled.—Peel half a dozen medium-sized Spanish onions, and boil them gently for five or six minutes in a little salt and water. Drain them on a sieve, and throw them into cold water for an hour. Put them into a saucepan with plenty of cold water, and let them simmer gently until they are tender quite through, without being broken. Serve on a hot dish, with a little melted butter poured over them. Time, medium-sized Spanish onions, an hour and a half to boil. Sufficient for five or six persons.

Onions, Stuffed.—Take three moderate-sized Spanish onions. Peel and trim them neatly, but be careful not to cut off too much of the tops, for fear the onions fall to pieces. Scoop out the hearts of the onions, mince them finely, and mix with them four ounces of lean beef or pork and one ounce of fat bacon (chopped small), a tablespoonful of chopped parsley, three tablespoonfuls of grated bread-crumbs, two ounces of butter, a little salt and cayenne, and the yolk of an egg well beaten. Stuff the onions with the meat, and put them into a saucepan side by side, and with them half a pint of good gravy, and two apples, pared, cored, and chopped small. Stew the onions until they are perfectly tender, and turn them over once or twice, so that they may be thoroughly cooked all through. Thicken the sauce with a little flour and butter, add pepper and salt, a spoonful of sherry may be added, and serve the onions on a hot dish with the gravy poured round them. If the acid flavour is liked, the strained juice of a large fresh lemon may be poured over the onions a few minutes before they are taken off the fire. Time, three hours to stew the onions. Sufficient for three persons.

Parsley.—The foliage of parsley is of use for flavouring soups, &c., besides which it is nutritious and stimulating, a quality which it seems to derive from an essential oil present in every part of the plant. Among the varieties of parsley are:—Plain-leafed parsley, which used to be the only sort employed in cooking. It is not much cultivated now, however, the curled varieties being much more elegant; besides—and this is a good reason for avoiding it—it bears a marked resemblance to a poisonous British weed, the bitter hemlock, or fool's parsley. It is well to know that the leaves of fool's parsley are of a darker hue than the genuine article, and that when bruised they emit a very unpleasant odour. When in flower, fool's parsley may also be distinguished by what is popularly termed its head. Curled-leaf parsley is, both for flavour and appearance as a garnish, the best sort of parsley. It cannot, too, be mistaken for hemlock, being quite unlike that plant. Parsley is a great favourite with sheep, hares, and rabbits, and is said to give their flesh a fine flavour. Naples parsley, or celery-parsley, is used in place of celery. It is a variety between parsley and celery. Hamburg parsley is cultivated for its roots. These grow as large as small parsnips. When boiled they are very tender, and agreeable to the taste, besides being very wholesome. They are used in soup or broth, or eaten with meat. The cultivation of parsley is extremely simple; an annual sowing is generally made.

Parsley, Crisp.—Crisp parsley is generally used for garnishing dishes. Pick and wash a handful of young parsley. Shake it in a cloth to dry it thoroughly, and spread it on a sheet of clean paper in a Dutch oven before the fire. Turn the bunches frequently until they are quite crisp. Parsley is much more easily crisped than fried. Time, six or seven minutes to crisp.

Parsley, Fried (for garnishing).—Wash and dry the parsley thoroughly, by swinging it backwards and forwards in a cloth. Put it into smoking-hot fat, and let it remain until it is crisp; take it out immediately, and drain it before the fire. If the parsley is allowed to remain in the fat one moment after it is crisp it will be spoilt. Parsley is best fried in a frying-basket. If this is not at hand, the parsley should be taken out of the fat with a slice.

Parsnips, Boiled.—Wash the parsnips, scrape them, cut them into quarters, and throw them into boiling water, salted. Send them to table as soon as they are done. Try them with a fork to see if they are done, and skim the water. Time varies with age. Young parsnips, half an hour. Old parsnips, many hours, after which they can be mashed and rubbed through a wire sieve.

Peas, Green, Tinned.—Open the tin, and warm the contents up in a small stewpan, with four or five fresh mint-leaves. Add half a saltspoonful of salt and half a saltspoonful of powdered sugar. Serve the peas as soon as they are *hot;* they are already cooked. Of course the liquor must be strained off.

Peas, Green, Boiled (Dr. Kitchiner's recipe).—"Young green peas well dressed are one of the most delicious delicacies of the vegetable kingdom. They must be young; it is equally indispensable that they be fresh-gathered, and cooked as soon as they are shelled, for they soon lose both their colour and sweetness. If you wish to feast upon peas in perfection, you must have them gathered the same day they are dressed, and put on to boil within half an hour after they are shelled. Pass them through a riddle, *i.e.*, a coarse sieve, which is made for the purpose of separating them. This precaution is necessary, for large and small peas cannot be boiled together, as the former will take more time than the latter. For a peck of peas, set on a saucepan with a gallon of water in it; when it boils, put in your peas with a tablespoonful of salt; skim it well; keep them boiling quickly from twenty to thirty minutes, according to their age and size; the best way to judge of their being done enough, and indeed the only way to make sure of cooking them to and not beyond the point of perfection, or, as the pea-eaters say, of 'boiling them to a bubble,' is to take them out with a spoon, and taste them. When they are done enough, drain them on a hair sieve. If you like them buttered, put them into a pie-dish, divide some butter into small bits, and lay them on the peas; put another dish over them, and turn them over and over; this will melt the butter through them; but as all people do not like buttered peas, you had better send them to table plain as they come out of the saucepan, with melted butter in a sauce tureen. It is usual to boil some mint with the peas; but if you wish to garnish the peas with mint, boil a few sprigs in a saucepan by themselves. A peck of young peas will not yield more than enough for a couple of hearty pea-eaters; when the pods are full, it may serve for three. Never think of purchasing peas ready-shelled, for the cogent reasons assigned in the first part of this recipe."

Potatoes, Boiled and Steamed.—Recollect, old potatoes must be put into cold water, new potatoes into hot water. The potatoes should be as nearly the same size as possible. Large potatoes must boil rather longer and more slowly than small; consequently, if the potatoes be very large, as soon as the water boils, throw in a little cold to take it off the boil again. If potatoes are over-boiled, they get pappy. Consequently, there is a fear, in the case of large potatoes, of getting the outsides boiled too much before the centre is tender. The great art of boiling potatoes is to know directly they are done. Novices should try them with a fork. Directly they are tender, strain off the water, and put a dry cloth under the saucepan-lid, leaving the lid half off. Give the saucepan a shake occasionally. Let them steam for about five minutes after being strained off.

New potatoes do not require more than drying after boiling, when they should be placed in a vegetable-dish, with a little piece of butter, a few mint-leaves (which should be boiled with them), and a little chopped parsley. Sometimes new potatoes have white sauce poured over them.

Potatoes, Baked.—When potatoes are baked in their jackets, they should be first well washed with a brush. Time to bake large ones, about two hours. Serve in their skins, with a little butter. When potatoes are baked after being peeled and cut up, they require fat. Potatoes are thus often baked under a joint of meat. They require turning occasionally.

Potatoes, Fried.—Potatoes, raw and cooked, fry very easily if the fat is properly hot. Cut raw potatoes thin—not much thicker than a penny-piece. Potatoes that have been cooked before may be cut half an inch thick. As soon as the potatoes begin to turn colour, take them out of the fat, as they get darker afterwards by themselves. Drain them on a hot cloth or blotting-paper to get rid of the grease.

Potatoes, Mashed.—Mashed potatoes are often made from potatoes that have boiled badly and got broken. Mash the potatoes with a fork, in a saucepan, with a little butter, till they are hot. Boil about a couple of tablespoonfuls of milk separately, and add, mixing them thoroughly with a fork, and mould into some shape. They may be browned in the oven.

Potatoes (à la Maître d'Hôtel).—Boil some potatoes (new ones are best), and, when done, cut them into slices, and serve in a little white sauce, some chopped parsley, pepper and salt, and a little lemon-juice.

Potatoes, Cold, Sauté.—This is an excellent way of re-dressing cold potatoes. Put a piece of clean dripping into a frying-pan. Chop up and roughly mash, but only taking all large lumps out, the cold potatoes, and when the dripping is melted put them into the frying-pan, with a little pepper and salt to taste, and keep stirring them about till quite hot. When done, they may be collected and slightly "browned," or not, as preferred. N.B.—A good result chiefly depends upon the amount of dripping in proportion to that of potatoes: if too much, the mess is greasy and revolting: if too little, the dish is dry. This way of cooking is what is commonly known as "fried potatoes" in many districts.

Potatoes, Borders of.—Make some mashed potatoes; shape it into a border, leaving a hole in the middle for some hash or stew. A very simple round shape can be made by placing a jam-pot in a cake-tin, and filling in the ring. A very little

ingenuity with a scooped carrot or turnip will give the mould a fluted appearance round the outside. Beat up the yolk of an egg and brush the outside of the border, and bake it in the oven till it is of a nice colour; then fill the inside with some good hash or mince. The yolk of egg is not essential.

Potato Balls.—Steam two pounds of mealy potatoes, and beat them till they are quite smooth and free from lumps. Mix with them two ounces of fresh butter, a teaspoonful of salt, and two tablespoonfuls of boiling cream or milk. Make them into balls the size of a walnut, brush each one over with beaten egg, and fry in hot butter until they are nicely browned. If liked, a little grated ham, a finely-minced shallot, or a little chopped parsley may be added to the potatoes, and the mixture may be bound together with the yolk of an egg. Send good brown gravy to table with the potato balls. Time, ten minutes to fry the potatoes. Sufficient for four persons.

Potato Mould.—Beat an egg thoroughly, and mix with it a third of a pint of boiling cream or milk, a tablespoonful of sugar, a little grated lemon-rind, and as much cold boiled potato beaten till smooth or grated as will form a stiff thick batter. Pour the mixture into a well-buttered mould, and bake in a briskly-heated oven. When it is nicely browned, turn it out, and serve very hot. Time to bake, half an hour or more. Sufficient for four or five persons.

Potato Ribbons.—Wash and peel half a dozen large kidney potatoes, and let them lie in cold water for a few minutes. Cut them into ribbons, round and round, like an apple, and keep the strips as nearly as possible of one width. They must not be too thin or they will break. Fry them in plenty of smoking-hot fat until they are lightly browned. Drain them on a wire sieve, and sprinkle a little pepper and salt over them. Serve on a hot dish. Sufficient for three or four persons.

Sea-Kale.—Sea-kale is a plant somewhat resembling asparagus, and it is thus named because it is found in its wild state in districts near the sea. It varies in price, according as it is plentiful or otherwise. It is very wholesome and easily digested, and is generally highly esteemed; notwithstanding this, its introduction to public notice was a matter of difficulty. Its cultivation—and that very restricted and local—dates from little more than 100 years ago, though from time immemorial the inhabitants of various parts of the coast have been in the habit of searching for it when blanched by the drifted sand, and cutting off the white shoots close to the crown of the plant. It is the blanching process which makes sea-kale so delicate. Unblanched it is worthless. Persons ignorant of the proper mode of doing this, by earthing up the plants and covering them with pots, when they came into possession of gardens where it had been planted, have been known to have it rooted up and thrown away, because they tasted only its full-grown leaves, and found them unpalatable. It is the action of light which imparts its strong and bitter taste to sea-kale, as well as its glaucous-green and reddish-purple colouring. Allowed to see the light it is uneatable, and even after it is cut sea-kale should be kept in a dark place till wanted. If exposed in an open situation, it will in two or three days acquire a decided tinge, which injures both its appearance and flavour. Sea-kale is amongst the earliest of vegetables. It may frequently be procured in January, and is in full season from February to June.

Sea-Kale, Stewed.—Wash the sea-kale, and tie it in bundles. Boil it in salted water for a quarter of an hour, then drain it, and put it into a saucepan with as much brown gravy as will cover it. Stew gently till tender. Lay it in a hot dish, stir a little lemon-juice into the sauce, and pour it over. White sauce may, if preferred, be served with sea-kale instead of brown sauce. Time to boil, twenty minutes or more, according to condition.

Spinach.—Spinach requires a good deal of washing. Let it float in a pailful of water, then lift it out and the dirt will sink. Get a fresh pailful and repeat the washing. Pick away the stalks, and drain it thoroughly, pressing it hard, and cut it up very fine with a knife and fork, or rub it through a wire sieve. Add a small piece of butter and some pepper and salt; make it hot in a small stewpan. Serve with hard-boiled eggs cut in halves, or with poached eggs. Some cooks boil spinach in as little water as possible; some steam it. I do not think there is any perceptible difference in the flavour afterwards, whichever method is pursued. It is doubtful whether there is much flavour in the green colouring that comes away.

Spinach with Cream.—Boil and drain two pounds of spinach in the usual way. Press it to free it thoroughly from moisture, and heat it in a clean saucepan with a little pepper and salt and a small lump of butter. When it is dry, add very gradually two tablespoonfuls of boiling cream, and simmer it gently for five minutes. Serve very hot. If liked, gravy may be substituted for the cream. Time to boil the spinach, ten to fifteen minutes. Sufficient for three or four persons.

Turnips, Boiled, and Mashed.—When turnips are young, they are best boiled whole. Put them into boiling salt-and-water. Time to boil, about twenty minutes. They can be placed round boiled meat, alternately with boiled carrots. The turnips should be pared thinly, and thrown into cold water directly they are peeled.

When turnips are old they must be mashed. Boil them till tender, after paring as before. The time to do this will vary from half an hour to two hours, according to the age. Mash them with a fork, and if necessary they can be rubbed through a wire sieve. When mashed, mix them up with a little butter; add pepper, and warm up the pulp in a little milk.

Turnip-tops, Green.—Pick away the decayed leaves, boil the turnip-tops in plenty of salted water, the more water the better. They will take about twenty minutes to boil. Drain in a colander, and serve piled up in a dish. Be careful to thoroughly drain them. The turnip-tops can be cut up fine like spinach, a little piece of butter added to them, and hard-boiled eggs served on them like spinach.

Vegetable Marrow, Boiled.—Vegetable marrows are best when young. Peel the marrow, remove any seeds, cut it in quarters, or half-quarters, according to size; boil. Drain off the pieces of marrow, and serve them on toast. Serve either butter sauce or white sauce with it in a tureen. Time to boil young vegetable marrows, from fifteen to twenty minutes; old ones, from thirty to forty minutes.

Vegetable Marrow, Stuffed.—Peel thinly two moderate-sized marrows; then cut a thick piece off one end of each, and scoop out the seeds. Press closely into the hollows some good pork sausage-meat, partially cooked, and put in warm; or, if preferred, some nicely-

seasoned minced beef or mutton, or any kind of forcemeat. Tie the piece which was cut off into its original position with tape. If there should be any difficulty about scooping out the seeds, the marrows may be divided into halves, lengthwise, and filled with sausage-meat; the pieces may then be pressed closely together, and tied in three or four places with tape. Having thus prepared the marrows, lay them in a saucepan, put a slice of butter upon each, and sprinkle over them a little pepper, salt, cayenne, and grated nutmeg. Pour upon them half a pint of stock; add a tablespoonful of vinegar. Cover the saucepan closely, and simmer the marrows as gently as possible for two hours. Baste frequently with the sauce. Lift them carefully upon a dish, skim the fat from the sauce, strain it over them, and serve. This dish may be rendered more piquant by rubbing a freshly-cut clove of garlic quickly across the saucepan before the marrows are put into it, and adding the juice of three or four ripe tomatoes pressed through muslin to the sauce.

Vegetables, Dried.—Dried vegetables are now sold, and are very convenient for making soups in winter, or where there is no garden. They consist chiefly of strips of carrot, turnip, &c. Soak these for an hour or more in cold water, drain them off, and then boil them in some clear stock No. 1. This will make a good Julienne soup. They will generally be tender with twenty minutes' boiling.

A good quantity of dried vegetables can be soaked in cold water, then boiled in water slightly salted, then drained, and served as vegetables in a dish.

When this is the case, add a spoonful of chopped fresh parsley to them a minute before draining them off; this will be sufficient to blanch the parsley. Mix in a good-sized piece of butter. The dish can be rubbed with garlic and the vegetables tossed together.

Vegetables, Tinned.—Nearly every kind of vegetable is now preserved in tins. Of these, the most useful are Macédoines (a medley) and green peas. Macédoines, with some stock and extract of meat in the house, make soup at a moment's notice. They also make, equally quickly, a German salad. (*See* German Salad.) They form an excellent garnish when served up, say, in the centre of a dish of cutlets, or with cold fowl and aspic jelly for supper. Green peas should be only just made hot through, with a few *fresh* mint-leaves, if possible. This is a very great improvement. Add a saltspoonful of mixed sugar and salt, equal quantities. The peas must, of course, be drained off.

It is a great convenience to have a few tins in the house.

CHAPTER XVIII.

FRUIT PIES, TARTS, CHEESECAKES, FRITTERS, ETC.

Pie, Fruit.—All fruit pies are made on the same principle. The fruit is placed in the pie-dish with, as a rule, about three tablespoonfuls of brown sugar to every quart of fruit. A little water, about a wineglassful, should be placed at the bottom of the dish. A cup is placed upside down in the centre of the pie-dish, to keep up the crust. Some fruit can be placed under the cup. The more fruit that can be got into the pie at starting the better, as when the fruit stews it shrinks considerably. Then cover the pie with either common paste or puff paste (*see* p. 150), following the directions for Pie, Meat, Ordinary, in every respect; and bake from half an hour to an hour, according to the size of the pie.

Apples should be peeled, cut into quarters, and the cores removed; also some cloves, one to each apple, and one or two strips of lemon-peel added.

Currants should be strung, and bad or withered ones removed.

Stone fruit, such as plums, greengages, cherries, should be put in whole.

Ripe gooseberries require rather more sugar than green ones.

Milk, cream, or custard can be served with all fruit tarts, as well as brown sugar.

Some white powdered sugar should be sprinkled over the pie. The pie-crust can be brushed over with white of egg beaten up, and the sugar sprinkled before baking, but after it is baked is sufficient for ordinary purposes.

Apple Pie.—Make a good light crust; wet the edge of the pie-dish, and lay a thin strip all round. Pare, core, and slice the apples, and lay them in the dish with a little sugar and any flavouring that may be preferred—such as powdered ginger, two or three cloves, very thin lemon-rind, with the juice of the lemon, a little cinnamon, &c. Lay a crust over the top, and ornament with pastry cut into leaves. If the apples are dry, the parings and cores may be boiled with a little sugar and flavouring, and the strained juice added to the fruit. If you flavour apple pie with lemon-peel cut too thick, it is apt to give the pie a flavour of turpentine, rather than lemon. Bake the pie in a quick oven. It may be served hot or cold. A little custard or cream is an improvement. Time, three-quarters of an hour to bake. Sufficient for five persons.

Apricot Pie. — Pare, stone, and halve the apricots. Place them in a pie-dish, piling them high in the middle. Strew over them a little sifted sugar, and a few of the kernels blanched and chopped small. Cover them with a good light crust, and bake in a moderate oven. Time to bake, three-quarters of an hour. Sufficient for four or five persons.

Apricot Tart, Green.—This is made from unripe apricots and windfalls. Never throw away unripe stone fruit of any kind. Pick them up, and stew them till quite tender in a little water and sugar, and then make a fruit pie. (*See* PIE, FRUIT.) This equally applies to apricots that will not ripen owing to bad weather or want of sun.

Currant and Raspberry Tart.—The addition of a few rasp-

berries very greatly improves the flavour of a red currant tart, but they must be carefully looked over to see that there are no little worms inside the berries after they are picked. Strip the currants from the stalks, and allow three heaped tablespoonfuls of moist sugar to every quart of fruit. Line the edges of a deep pie-dish with good crust. Place an inverted cup in the middle of the dish. Fill the latter with the fruit, and cover it with the same crust as the edges. Ornament the top as fancy dictates, and bake in a good oven. Sift a little pounded sugar over the tart before serving it. Time to bake, half an hour or more, according to the size of the dish. Sufficient for four or five persons.

Damson Tart.—Line the edges of a tart-dish with a crust, puff or short, according to liking, and pile the dish high with damsons, laying a small cup in the bottom to prevent the juice running over; one pint and a half of damsons will require a quarter of a pound of fine moist sugar, and it should be equally placed amongst the fruit in the dish. If a short crust be made, send the dish to table with sifted sugar over the top; but if puff pastry is used, brush it over with cold water, and sprinkle white sugar upon it before putting it in the oven. Time, half to three-quarters of an hour. Sufficient for five or six persons.

French Plum Tart.—Stew French plums with sugar, in the proportion of half to the weight of fruit. Put half a pound of plums and a quarter of a pound of sugar, with half a glass of water or red wine, into a stewpan; cover, and stew very gently until the stones can be taken away easily. Crush a part of them, and put the kernels with the plums in the stewpan. Edge a dish with puff paste, put in the plums, &c., cover with a paste, bake, and serve hot. Time, three-quarters of an hour to bake. Sufficient for a small tart.

Gooseberry Tart.—Pick off the tops and stalks of the gooseberries. Put them into a pie-dish, pile them high in the centre, strew a little sugar over them, and add a tablespoonful of water. Line the edge of the dish with a good crust, put on the cover, and bake in a brisk oven. Strew a little powdered sugar over before sending the tart to table. A little cream or custard is a great improvement to this dish. An ample allowance of sugar is required for gooseberries, especially when they are partially ripe. The smell of gooseberry tart, we may observe by the way, exactly resembles that of the true forget-me-not. Two pints and a half of gooseberries will make a pie for four or five persons. Time to bake, three-quarters of an hour.

Jam Tarts.—Make some pastry. Butter a dozen patty-pans, and line them with the pastry rolled out to a quarter of an inch in thickness. Put them into a quick oven, and when nearly baked take them out and put a little jam in the centre of each, then return them to the oven and finish baking. An ornament already baked should be placed upon each, or a little whipped cream. Time, a few minutes to bake. Sufficient for eight tarts.

Jam Tart, Open. — Make some pastry as directed for Patties, or as follows:—Rub six ounces of butter into the same quantity of dried and sifted flour. Add a pinch of salt, half a teaspoonful of baking-powder, a teaspoonful of pounded sugar, and make it up into a smooth paste with the yolk of an egg beaten up with a little cold water; about a quarter of a pint will be required. Roll out the pastry to the thickness of a quarter of an inch. Butter an

ornamented tart-pan and line it with the pastry. Trim the edges neatly, and prick a few holes in the bottom with a fork. Bake in a moderate oven until lightly browned, then take the tart out, let it cool a little, spread the jam on it, and ornament the top with a few leaves or stars of pastry which have been baked separately. Time, about half an hour to bake. Sufficient for three or four persons.

Little Ladies' Tart (a pretty dish for a juvenile party).—Rub four ounces of fresh butter into half a pound of flour. Add a pinch of salt, three ounces of pounded sugar, and three well-beaten eggs. Work these ingredients into a firm paste, and roll it out three or four times, dredging lightly with flour to prevent it sticking to the board. Make it into a round shape, about a quarter of an inch in thickness, ornament the outside edge with a fork or spoon, put it on an oven plate, and bake in a quick oven. When sufficiently cooked, take it out and let it cool. Just before serving, spread lightly over it different-coloured jellies and jams, laid in strips from the centre, like the spokes of a wheel. Time, about twenty-five minutes to bake. Sufficient for five or six persons.

Monitor's Tart.—Make three-quarters of a pound of good puff paste, observing the proportions of three-quarters of a pound of butter to one pound of flour. Divide in two portions, roll out one half to about a quarter of an inch thick, and cut it round with a tin cutter. Well flour the pastry, and transfer it to the oven-leaf, which should be quite cold. Fill the tart with a compôte of apples, prepared in the following manner:—Stew one pound of apples, cut into quarters (pared and cored), in a clean saucepan, with a quarter of a pound of lump sugar, one ounce of butter, and a little powdered cinnamon, until they are tender but not broken. They must not be put into the crust until cold.. When placing the apples be careful to leave a margin an inch in depth all round. Roll out the other half of the crust, and lay it carefully over the apples. Brush the edges with the white of an egg, and press them well together, that the juice may not escape. Brush over the outside with the white of an egg, and sift a little sugar over it, and a few finely-chopped almonds. Bake in a moderate oven for three-quarters of an hour. Time to stew the apples, fifteen to twenty minutes. Sufficient for six or seven persons.

Plum Tart.—Line the edge of a tart-dish with puff paste or with good short crust. Fill the dish with plums and sprinkle a little moist sugar over them. The quantity of sugar required will depend upon the quality of the plums. Cover the dish with pastry, bake in a moderate oven, and serve the tart hot or cold. The appearance of the tart will be improved if it is glazed. To do this, take it from the oven before it is quite done enough. Brush it over with white of egg which has been whisked to a froth, and cover with finely-sifted sugar. Sprinkle a few drops of water over it, and return it to the oven to set the glaze. Or, before putting it in the oven, brush it quickly with cold water and sprinkle white sugar upon it.

Raspberry Tart.—Fill a pie-dish with picked raspberries, or, if preferred, with equal portions of raspberries and red currants. Line the edges of the dish with pastry, strew sugar over the top, and cover the fruit with pastry rolled out to the thickness of a quarter of an inch. Ornament the edges, and bake the tart till the pastry is done enough. When cold sift powdered sugar over the top, and serve. Raspberry tart is not very often served hot. When

a superior tart is required, bake the tart till the pastry is done enough. Take it out of the oven, gently lift up the cover, and pour over the fruit a rich custard made with half a pint of cream which has been beaten up with the yolks of two eggs. Lay the cover again on the dish, and return it to the oven for five minutes. Sift powdered sugar over the top, and serve hot or cold. But, in the opinion of the best judges, tarts are preferable quite cold, especially when cream is used. Perhaps apple tart forms an exception. Time to bake, three-quarters of an hour for a moderate-sized tart.

Mince Pies.—Make some good paste (*see* PASTE, PUFF); roll it out thin; butter some patty-pans; line the pans with the paste; put in a generous heap of mincemeat; cover over with some more thin paste; join the edges, and trim. Bake in the oven, shake a little powdered sugar over the top, and serve very hot.

N.B. — Two mince pies, with mincemeat in them, are worth more than four mince pies without.

Mincemeat. — Take three apples, three lemons, one pound of raisins, three-quarters of a pound of currants, one pound of the best beef suet, a quarter of a pound of raw beef, two pounds of moist sugar, four ounces of candied peel, a quarter of a rind of a fresh orange, one good teaspoonful of powdered spices—composed of equal quantities of cinnamon, cloves, and nutmeg—one glass of port wine, and half a pint of brandy.

Peel the apples, and cut out the cores very carefully, and then bake the pieces till they are soft. Squeeze the lemons, and cut away the white pappy part, and boil the lemon-peel till it is fairly soft. The raisins must be carefully stoned, and the currants washed, picked, and dried. Chop the suet very finely, as well as the raw meat and lemon-peel.

Mix all the ingredients well together, and add the brandy last of all. It must be very thoroughly stirred. Press the mincemeat down in a jar, and place a piece of brandied paper over the top. The mincemeat should be occasionally stirred, and a fresh piece of paper added. By adding a spoonful of brandy every two or three months, this will keep good for a year.

Cherry Pie. — Black cherries are generally considered best for pies. Wash and pick the fruit, and place it in a pie-dish, piling it high in the middle; strew a little sugar over it, and cover it with a good light crust. Bake in a good oven for about three-quarters of an hour. A pie made with two pounds of fruit will be sufficient for four or five persons.

Black Currant Tart.—Put a pint and a half of black currants and three ounces of brown sugar into a tart-dish; lay a deep saucer in the bottom to hold the juice, or it will run over and spoil the appearance of the tart; put a neat edging of paste round the dish, and also cover it over the top. Ornament according to taste, and bake in a brisk oven. When sent to table, powdered white sugar should be sprinkled thickly over the top. Time, three-quarters of an hour to bake. Sufficient for five or six persons.

Cranberry Tart.—Wash the cranberries in several waters. Allow a quarter of a pound of sugar and two cloves to every pint of cranberries. Three-parts fill a pie-dish with the fruit, cover it with a good crust, and bake in a moderate oven. Before baking the tart, brush it all over with cold water, and sprinkle white sugar upon it Sufficient, a pint of cranberries to make a tart for three persons.

Rhubarb Pie. — Peel the rhubarb, and if it is very large divide it into two or three strips, and then into short lengths. Fill the dish as full as it will hold, sprinkle some sugar over it, and, if liked, mix with the fruit a flavouring of grated lemon-peel and ground ginger, or a little nutmeg grated. Line the edges of the dish with pastry, moisten these with water, and lay a cover of pastry over all. Press the edges close together and ornament them, then sprinkle a spoonful or two of cold water over the pie and dredge a little white sugar upon it; bake the pie in a well-heated oven until the pastry loosens from the dish. Serve either hot or cold. Time to bake, half an hour to one hour, according to size.

Cheesecakes and Tartlets. —The origin of the word "cheesecake" is, that originally they were cakes made from the curds used for making cheese. Cheesecakes and tartlets are prepared by placing various kinds of "sweet substances" in small, round, flat pieces of pastry baked in little tins. Whenever you have a spare piece of pastry left over after making a pie, roll it out thin—an eighth of an inch thick—and line a few little tartlet-tins with it, and bake them in the oven. These can be filled after being taken out of their tins, or before, as directed.

Tartlets are simply little cases of pastry as above, filled with jam or any kind of preserve. When there are many, two different-coloured jams should be chosen, such as raspberry and apricot, or marmalade and plum. Open jam tarts are really large tartlets. These cases are best half-baked, then filled, and little thin strips of pastry the size of a lucifer-match laid across the jam by way of ornament, like trellis-work; then put back in the oven to finish baking.

Cheesecakes, Lemon (very cheap).—Get a few pastry cases as above. Take one lemon and three ounces of sugar, rub the sugar on the rind, then put the sugar in a basin, in rather less than half a pint of hot water, squeeze in the juice, and place all in a saucepan to dissolve the sugar, and thicken with a little arrowroot till it becomes a jelly, stirring all the time. Pour it on to a plate to get cold, and then with two forks break it into little pieces and fill the pastry cases.

If you have many cases, thicken only one half at a time, and colour the second half red with some cochineal. The alternate pale yellow and red will look far better.

Cheesecakes (very good).—Take a quarter of a pound of butter, six ounces of sugar, two lemons, four eggs, and two good-sized cold potatoes. Rub the sugar on the lemons before you cut them, and rub off as much as you can of the outside rind. Then oil the butter in a basin in the oven; throw the sugar into the hot butter, which will dissolve it; get it smooth with a spoon. Squeeze in the juice of the two lemons, beat the eggs and mix in, and add enough cold potatoes to make the whole into a pulp, only do not add the potatoes till the sugar is thoroughly dissolved. Fill some pastry rolled out in tins with this mixture, and bake in the oven.

This mixture will bake very nicely in a pie-dish without any pastry at all. It is cheap and delicious. The cheesecake can be made plainer by increasing the quantity of potatoes and sugar.

Apple Fritters.—Take some apples and peel them; then cut them in rather thin slices, *across the core*, and cut the core out of each slice, so that it forms a ring. Take a little sugar, and rub a few lumps on the outside of a lemon; then crush and pound the sugar. Press each ring

of apple on to this sugar, each side; dip it into some stiff batter (*see* BATTER), and fry in lard. When fried a nice brown colour, let them drain. Shake some white powdered sugar over them, and pile the rings up on a dish.

N.B.—Put the finger through the hole in the ring when throwing it into the fat, to keep the ring shape, as sometimes, if the batter is very stiff, there will be no hole in the middle. Break off the rough edges before shaking the sugar over.

Apricot Fritters.—Take a tin of apricots, and pick out the firmest ones for the purpose of making fritters. (*See* FRITTERS.) Drain off the syrup. Make them as dry as possible by draining them on a cloth and letting them stand some time. Next, cover the pieces with finely-powdered sugar, and dip them quickly into thick batter, and then into very hot fat. Shake some powdered sugar over them after draining from the fat. These fritters require careful handling.

Orange Fritters. (*See* FRITTERS.)—Divide the orange into sections, sometimes called pigs, remove all the white part, but do not break the skin, dip each piece into brandy, then into powdered sugar, and batter, and fry. (*See* FRITTERS AND BATTERS.)

Pine-apple Fritters.—Tinned pine-apples, cut in slices, make excellent fritters. Proceed as in Apricot Fritters.

Banana Fritters.—Peel the bananas, cut them into inch pieces, dry them in sugar, and proceed as in Apricot Fritters.

CHAPTER XIX.

JAMS, JELLIES, STEWED FRUIT, ICES, CREAMS, ETC.

Jam.—In making jams or preserves, care must be taken, first of all, that the fruit is gathered on a dry day, and when the morning sun is on the garden. If gathered in damp or foggy weather the jam will certainly become mouldy, and will not be worth the trouble and expense of boiling. The fruit should be free from dust, and any that is unsound should be cast aside. It should be boiled as soon as possible after it is gathered.

The best quality of sugar, either white or brown, will be found the cheapest in the end. White sugar should be shining and close in appearance; brown sugar, bright and gravelly. The inferior sugars throw up so much scum in boiling that they waste as much as they save. The quantity of sugar required depends upon the nature of the fruit. As there is no economy in using inferior sugar, there is also no economy in using too little sugar. The only result of endeavouring to save in this way is that the jam has to be boiled so much the longer, and thus the quantity is reduced; to say nothing of the expenditure of fuel. If, on the contrary, too much sugar is used, the flavour of the fruit will be lost. In making common jams, the fruit should be well boiled before the sugar is added, and care should be taken that it is not so much thickened that the sugar will not easily dissolve. Sugar should never be reduced to powder before it is added to the fruit, or it will give the jam a turbid appearance. The scum should be carefully removed as it rises.

Wooden spoons should be used for stirring jam. Iron, tin, or pewter ones will spoil the colour.

An enamelled saucepan is the best for making jam. If a brass preserving-pan is used, it should be scrupulously clean, bright, and *dry*. The pan should be raised a few inches above the fire. If placed flat on it, the fruit will be in danger of burning. The flavour and colour will be best preserved if the fruit is boiled rapidly. It should be watched constantly and stirred frequently during the process of boiling.

Home-made jam, when properly prepared and well preserved, is incomparably superior to that which is offered for sale.

In making jam from stone fruits, the stones can be removed previous to boiling, or afterwards. Only sufficient water should be added to simply prevent burning. Care should be taken to get rid of the moisture, as all jams made from stone fruits are apt to ferment. When lemon-rind is added it must be grated very fine. In stone fruit jams some of the stones should be cracked, and the kernels halved and added.

In all jams a little brandy may be added with advantage. Jam, when finished, should be placed in jars, covered over with a thin piece of paper soaked in brandy, and another piece of stout paper tied over the jar as tightly as possible.

The following is a list of the quantity of sugar and other ingredients required for making the jams named. One pound of fruit is supposed in each case:—

Apricot Jam.—Three-quarters of a pound of sugar.

Blackberry Jam.—Half a pound of sugar. If apple is mixed, a little more.

Carrot Jam.—Boil until tender; rub through a wire sieve. The rind

and juice of one lemon, a small glass of brandy, one pound of sugar. To make the jam look very nice, only use the red part of the carrot.

Black Currant Jam.—One pound of sugar.

Red Currant Jam.—One pound of sugar.

Damson Jam. — One pound of sugar.

Gooseberry Jam. — Three-quarters of a pound of sugar.

Greengage Jam.—Three-quarters of a pound of sugar.

Plum Jam.—One pound of sugar.

Raspberry Jam.—One pound of sugar.

Rhubarb Jam.—Three-quarters of a pound of sugar, half the rind of one lemon, half an ounce of bitter almonds, or, if no almonds, juice of one lemon.

Strawberry Jam.—Three-quarters of a pound of sugar.

Vegetable Marrow Jam. — Three-quarters of a pound of sugar, rind and juice of one lemon, one teaspoonful of powdered ginger. Peel the vegetable marrow, take out the pips, cut it up into pieces, and simmer till tender. The ginger can be omitted and more lemon-juice added.

Jam, To Keep.—Pour the jam into perfectly sound dry bottles or jars. Glass bottles are the best, as through them any mould or fermentation can be easily perceived without removing the cover. If earthenware jars are used the jam should be looked at once or twice during the first two months, and if there is any appearance of the jam not keeping, it should be gently reboiled. Place a round of thin paper dipped in brandy on the top of the jam. Cut some rounds of paper sufficiently large to overlap the top of the jar about an inch. Brush the inside with beaten white of egg or with a little gum, and tie it on whilst wet. It will become hard and tight like the skin of a drum, and will thoroughly exclude the air. A neat label should be placed on the front of all jars containing jam, and on this should be written the day of the month and year on which the jam was made, and the weight of sugar and fruit used in its preparation. Jam should be kept in a cool, dry place. Damp may turn it mouldy, heat may make it ferment.

Jelly, Lemon. — Take six lemons, rub half a pound of sugar on the peel of three of them, and squeeze the juice of all six into a basin. Soak two ounces of gelatine in a pint of water, after first washing the gelatine. Add it to the sugar and lemon-juice, and dissolve it in a small enamelled saucepan over the fire, and strain through a jelly-bag. If it is not bright, clear it with the whipped white of an egg, exactly as stock is cleared, and strain it through a jelly-bag. Add, when nearly cool, half a pint of sherry. Pour it into a mould that has been held over some steam so as to get moist inside. When it is set, dip the mould into rather warm water for a second, place a glass dish over the mould, turn it quickly upside-down, and turn it out.

In turning out the jelly, the dish and mould should be held together in the two hands, then make a quick but not too violent movement downwards, as if you were going to throw the dish on the ground, and suddenly stop; this will generally bring the jelly out. If it cannot be got out otherwise, dip the mould just for a second or two into warm water. But this must be done very carefully, or the sharpness of the mould will be spoiled.

This is very good simple lemon jelly; you can make cheaper jelly by putting much less wine and only two lemons. Two ounces of gelatine will always set a quart. A great

improvement, but by no means essential, is to boil a stick of cinnamon and a pinch of coriander seeds in the jelly.

A very important point for consideration is the consistency of the jelly. Two ounces of gelatine is *generally* too much, especially in winter, but gelatine so varies in quality that it is scarcely safe to recommend less. Remember that jelly is best when it will only just hold together, and fit for nothing when you almost have to cut it with a knife and bite it. If it is winter, or if you have any ice, you can test the jelly by putting, say, a saucer in the snow or ice. Wipe it dry, and put a teaspoonful of the jelly into the cold saucer; it will set almost immediately, and you will be able to judge whether it is too stiff or not.

Another point is colour. Rubbing the sugar on the peel will give a pale yellow colour, and many persons think it best so. I think, however, four or five drops of cochineal give it tone; you do not want to make it pink.

The above recipe gives the basis of all jellies. You can add various kinds of liqueurs in less quantity instead of the wine, and vary the name of the jelly accordingly.

Jelly, Orange.—Act exactly as above, only using six oranges and two lemons, rubbing the sugar on three oranges.

Jelly, Port Wine, for Invalids.—Two ounces of gelatine, half a pint of water, two ounces of sugar. Dissolve the gelatine by boiling, strain it, and add rather more than a pint of port wine. Test the jelly as to stiffness, and add port till the jelly will only just set. As this need not be poured into a mould you can afford to have it almost melting away, which renders it so much more appetising. When you dissolve two ounces in only half a pint you cannot help losing some in straining: consequently, you will not be able to set much more than a pint of wine.

Jellies, Fruit.—Take any fresh ripe fruit, such as red currants, black currants, gooseberries, grapes. Place the fruit in a jar, and place the jar in a saucepan of boiling water and boil this away till the fruit yields up its juice. Strain the juice through a jelly-bag, but do not squeeze the fruit. Dissolve a pound of lump sugar in every pint of juice, and boil till it sets. Test this by putting a teaspoonful into a cold saucer. The jelly, of course, derives its name from the fruit used.

Apples may be treated in an exactly similar manner. Do not squeeze them. The apples must be simmered in a little water, and the juice of two lemons added to each pint of juice as well as the pound of sugar.

Jelly-bags. — Jelly-bags are much the strongest and best when made at home. The strong flannel used for ironing-blankets is the best for this purpose, and it should be made of a half-square, and sewn at the side with a double seam, so as to be wide at the top, and pointed at the bottom. The top may be hemmed, and four tape loops sewn to it, by which the bag may be suspended when in use. A jelly-bag should always be wrung dry out of hot water before the liquid is poured into it. A chair placed upside-down on another chair makes a very good stand for a jelly-bag to be tied to. A tall music-stool is still better.

Jelly, Bottled, To Mould.—When jelly is wanted quickly, it may be bought in bottles, ready made and beautifully transparent. In order to mould it, uncork the bottle, and put it into boiling water. Let it remain until the jelly can be

poured out of the bottles. Flavour it according to taste, but do not add very much liquid, or it may interfere with the firmness of the jelly. Pour it into damp moulds, and put in a cool place, to become stiff again. Time, a few minutes to dissolve; some hours to become firm again. Bottled jelly can be flavoured by adding essence of vanilla, or various liqueurs. It is much improved by boiling a little with some coriander seeds (a teaspoonful) for a short time. One bottle will make two jellies. Suppose, for instance, it is lemon jelly; pour half into a basin with the juice of an orange and some sugar rubbed on the rind. Add cochineal and make it pink. As bought jelly is generally fairly firm, it will bear the addition of this amount of liquid. If you have no time to put it in a mould, break it up and put into glasses. Bottled jellies bought are something like bought potted meats: very much alike in flavour. The orange jelly is as much like the lemon jelly as potted ham is like the beef.

Jelly, Aspic.—Aspic jelly is very useful in ornamenting cold dishes, such as cold roast fowl, &c. Aspic jelly should be very bright, and is made cheaply by adding a little gelatine to No. 1 Stock, to make it a fairly stiff jelly. If necessary, this can be cleared. Add a little lemon-juice—a teaspoonful to half a pint—and warm up the stock in a stewpan which has, if possible, been rubbed with a bead of garlic.

Recollect, in pouring out the jelly to cool, what you require it for. If in strips to make stars, pour it on a flat plate a quarter of an inch deep, *i.e.*, the jelly a quarter of an inch deep. Colour one plate a light pale yellow with extract of meat, another red with cochineal. Good Aspic Jelly can be bought in bottles, and is far cheaper obtained this way than if made at home, if time be taken into consideration.

Savoury Aspic Jelly, such as is used either to garnish salad or to make calf's-head mould or similar dishes, can be made as follows:—The gelatine is soaked, dissolved, and clarified as before, but savoury instead of sweet flavours are boiled with the liquid. If a pint of jelly is required, the pan may be rubbed across twice with a clove of garlic, and then the liquid may be poured in, and with it a small piece of clean leek, a piece of turnip, a piece of carrot, an inch or two of celery, a shallot, half a blade of mace, a very small sprig of tarragon and chervil, two cloves, twelve peppercorns, and a little salt. The juice of a lemon, or a tablespoonful of vinegar, should also be added; the first is to be preferred. Jelly of this kind may be put into a round tin, such as a cake-tin, with a smaller tin inside to keep it hollow. Then when the jelly is turned out various savoury preparations may be put in the middle, and very pretty dishes will be produced.

Jelly, Wine.—In making *jelly from gelatine* it should be remembered that the only safe rule for all times and seasons is an ounce of gelatine to a pint of liquid. And yet, when the weather is cold, the moulds are moderate in size, and the gelatine is good, nearly double the quantity of liquid may be used. Soak the gelatine in a basin with half a pint of water for an hour. Mix half a pint of boiling water with it, and stir it until dissolved. If necessary, stir it over the fire for a minute or two. Let it get quite cool, then put it in a rather small stewpan with the very thin rind of one fresh lemon that has been wiped with a soft cloth, the strained juice of the lemon, an ounce of loaf sugar, two cloves, and half an inch of stick cinnamon. When lemons are dear, a little citric acid

the size of half a nutmeg may be used to flavour. Break an egg, and put the yolk aside. Beat the white lightly, wipe clean and crush the egg-shell. Stir both the white and the crushed shell into the jelly, put the saucepan on the fire, and whisk the jelly till it rises in the pan. As soon as this point is reached stop stirring at once, put the lid on the pan, draw it to the side of the fire, and let it stand for twenty minutes. Make the jelly-bag hot by wringing it out of clean boiling water, put a pan or basin under it, and pass the jelly through it three or four times. The crust that will have formed at the top must on no account be disturbed, and the jelly must be poured gently upon it, a little at a time. It will act as a sort of filter, and help to make the jelly clear. When there is not a jelly-bag and stand at hand, a very effectual though simple substitute may be made out of a kitchen stool and a clean napkin. When the liquid is bright and clear add a wine-glassful of sherry and a tablespoonful of brandy, pour it into a damp mould, and put it in a cool place. A jelly made with these proportions can be varied in all sorts of ways. Various liqueurs can be used for flavouring instead of sherry or brandy, fruit juices can be added instead of water, and the jelly of course is named after the special flavourer. Thus, jelly flavoured with orange-rind and juice is orange jelly, and with maraschino is maraschino jelly.

Fruit and other additions are very often put into clear jelly, and they improve the appearance as well as the taste of the preparation. The fruits most suitable for the purpose are purple and white grapes, strawberries, cherries, raspberries, red and white currants, peaches, and apricots for summer-time; apples, pears, oranges, and preserved fruits, such as pine-apples, apricots, greengages, &c., for winter. Soft fruits, such as grapes, red currants, strawberries and raspberries, may be put into the jelly as they are. Hard fruits should be cooked gently in syrup before being laid in the jelly, and large fruits should be cut into even-sized pieces. In preparing dishes of this kind a little jelly should be first poured into the mould to the depth of a quarter of an inch. When this is set, a layer of fruit may be arranged upon it, and *a spoonful or two of jelly should be poured in to keep the fruit in its place.* When this also is set, jelly should be poured in again to cover the fruit to a thickness of a quarter of an inch; this too being allowed to set before a further addition is made. After this the mould can be filled up to within three-quarters of an inch of the top, with alternate layers of fruit, with jelly enough to keep it in its place, and jelly to cover it to the depth of a quarter of an inch, each layer being allowed to set firmly before another one is put in. When putting in the fruit, care should be taken to contrast the colours prettily. It is astonishing what effective and delicious jellies can be made in this way for a very trifling cost.

Calf's-Foot Jelly. — If the jelly is to be made of calf's-foot stock, proceed as follows:—Make the stock a day before the jelly is to be made. Wash two calf's feet and cut each into four pieces. Put these in a stewpan with cold water to cover them, and let them boil (this is to blanch them). Take out the feet and wash them again in cold water. Pour away the water they were boiled in before, rinse out the pan, and put the pieces into it again with five pints of fresh cold water. Let this boil, skim it occasionally (if it is not well skimmed the jelly will not be clear), draw the pan back, and simmer the liquid gently for five hours.

When it is reduced to one quart put a hair-sieve over a basin and strain the stock. Put it aside and let it get quite cold. Next day skim the fat off the top with an iron spoon that has been dipped in hot water, and dab the stock with a cloth that has been dipped in boiling water. Put it into the pan free from sediment, and clarify it according to the method adopted for gelatine jelly, remembering that the ingredients mentioned there are intended for a *pint* of liquid, and here is a *quart* of stock. Calf's-foot jelly is of course very much more nourishing than jelly made of gelatine. The moulds for jelly should be rinsed first in hot and afterwards in cold water.

Ices. — Ices are generally regarded as expensive luxuries, and are an admirable instance of how completely custom rules the majority of our housekeepers. There are many houses where the dinner may consist of soup, fish, entrées, joint, game, and wine; and yet were we to suggest a course of ice, the worthy housekeeper would hesitate on the ground of extravagance, showing how much we are the slaves of habit. It is, as a rule, hopeless to argue with persons whose definition of economy is—what they have always been accustomed to since they were children; their definition of extravagance—anything new, or, as they will probably express it, any new-fangled notion.

The fact remains, however, that there is many a worthy Signor who sells ices in the streets at 1d. each, and manages to make a living out of the profit, not only for himself, but for his Signora as well. Under these circumstances, the manufacture of these extravagances is worthy of inquiry.

Ices can be made at home very cheaply with an ice-machine, which can now be obtained at a—comparatively speaking—small cost. With a machine there is absolutely no trouble, and directions will be given with each machine, so that any details here, which vary with the machine, will be useless.

Ices can be made at home without a machine, with a little trouble, and to explain how to do this it is necessary to explain the theory of ice-making, which is exceedingly simple. I will not allude to machines depending on freezing-powders, but to those which rely for their cold simply on ice and salt mixed.

We will suppose we want a lemon-water ice, *i.e.*, we have made some very strong and sweet lemonade, and we want to freeze it.

It is well known that water will freeze at a certain temperature—call it freezing-point. By mixing chopped ice and salt and a very little water together, a far greater degree of cold can be immediately produced—viz., a thermometer would stand at 32 degrees below freezing-point were it plunged into this mixture.

An ice-machine is a metal pail placed in another pail much larger than itself. The "sweet lemonade" is placed in the middle pail, and chopped ice and salt placed outside it. The proportion of ice to salt should be double the weight of the former to the latter.

It is now obvious that if we have filled the two pails—the one with the "sweet lemonade," and the other with the ice and salt — very soon our lemonade will be a solid block of ice. To prevent this it must be constantly stirred, and as the lemonade will of course freeze first against the sides of the pail, these sides must be constantly scraped. Inside the inner pail there is consequently a stirrer, which, by means of a handle, continually scrapes the sides of the pail.

It is obvious that if the stirrer is fixed, and the pail itself made to revolve, that is the same thing as if

the pail were fixed and the stirrer made to revolve.

To make lemon-water ice, therefore, place the lemonade in the inner pail, surround it with chopped ice and salt, two parts of the former to one of the latter, turn the handle, and in a few minutes the ice is made.

Now, suppose you have not got a machine, proceed as follows:—Take an empty, clean, round coffee-tin, the larger the better. I mention a coffee-tin as the most likely to be in the house, but any round tin will do. Get a clean piece of wood the same width as the inside diameter of the tin, only it must be a great deal longer. We will suppose the tin rather more than a foot deep, and five inches in diameter. Our piece of wood, which should be clean and smooth, must be nearly five inches wide, say a quarter of an inch thick, and about two feet long.

Now get a small tub, say nine inches deep; place the round tin in the middle, with the sweet lemonade inside. Next place the piece of wood upright in the tin, so that the wood touches the bottom. Then surround the tin with chopped ice and salt up to the edge of the tub, fill it as high as you can, and cover it round with a blanket, *i.e.*, cover the ice and salt. Now get some one to hold the wooden board steady. Take the tin in your hands and turn it round and round, first one way and then another. In a very short time you will find the tin to contain—lemon-water ice.

The following hints, rather than recipes, for making ices—*i.e.*, for making the liquid, which must be frozen as directed above—are given not because they are the best recipes, but because cream, which is the basis of all first-class ices, is often too expensive to be used constantly.

Of course real cream is far superior to any substitute, but I am writing for those who cannot afford it.

Ice Cream.—Make a custard with half a pint of milk, the yolks of two eggs, and a tablespoonful of Swiss milk, and some sugar. As soon as it gets a little thick, stir it till nearly cold. Then add some essence of vanilla or almonds, or a wineglassful of noyeau, or any flavouring wished, and freeze.

Ices from Fresh Fruit.—Take half a pound of fresh strawberries or raspberries; add half that weight of sugar; pound thoroughly, rub through a sieve, and mix with this thick juice rubbed through, half a pint of the mixture made for ice cream (*see* ICE CREAM), only, of course, without any flavouring such as vanilla, &c. Mix thoroughly and freeze.

N.B.—A few red currants should be mixed with the raspberries. If the colour be poor, brighten it up before freezing with a little cochineal.

Ices from Jam.—Mix a quarter of a pound of any jam with half a pint of the mixture made for ice cream (*see* ICE CREAM), without any flavouring such as vanilla. Rub all through a fine sieve, and freeze. Cochineal will give an additional colour to red jams, spinach-green essence to green jams, and a very little turmeric to yellow jams. A small pinch of the latter can be boiled in the milk.

Ice, Lemon-Water.—Rub six lumps of sugar on the rind of six lemons. Add this and the juice of the six lemons to a pint of fairly sweet syrup. The amount of sugar is a matter of taste. Strain and freeze.

Ice, Orange-Water.—Act exactly as in lemon-water, using oranges instead of lemons, and syrup containing less sugar.

N.B.—A good strong syrup can be made by boiling a pound of sugar in a pint of water.

Ice, Water Fruit.—All sorts of water fruit ices can be made by mixing half a pint of juice, such as currant-juice, with twice the quantity

of syrup, and freezing. Grated ripe pine-apple, pounded and bruised ripe cherries and greengages, strawberry-juice, raspberry-juice, can be mixed with syrup and frozen. Sometimes a little lemon-juice can be added with advantage, and in the case of cherry ice and greengage ice, a little noyeau added is an improvement.

Lemon Sponge.—Put an ounce of isinglass or gelatine into a pint of water, add the rind and juice of two lemons, and half a pound of loaf sugar, and simmer gently for half an hour. Strain into a bowl, and when the mixture is cold and beginning to set, which may be known by its becoming thick, stir in the whites of two eggs beaten to a firm froth, and whisk it briskly until it is of the consistency of sponge. Pour it into a damp mould, and turn it out before serving. A few drops of cochineal may be put in with the eggs, if liked, to give a pink appearance. Time, half an hour to whisk the sponge. Sufficient for a pint and a half mould.

Vanilla.—Vanilla is used for flavouring custards, puddings, omelettes, &c. When used in the form of essence of vanilla, it should be kept in a glass-stoppered bottle. It varies very much in strength. When it is used in the stick, a few pieces should be tied up in a muslin bag, with a string attached. This can be held in the boiling milk till the desired amount of vanilla flavour is imparted to it.

Blancmange.—Soak an ounce of gelatine for an hour in a quarter of a pint of milk. Blanch ten bitter almonds and six sweet ones. Put these, with three inches of lemon-rind, into a pint and a quarter of milk, for a couple of hours, then pour the milk into a stewpan and add a little loaf sugar. Boil the milk, pour it upon the soaked gelatine, and strain the mixture into a jug. Let it stand, stirring it occasionally, till cold. Pour the blancmange into a damp mould carefully, so as to keep back any sediment there may be, and let it stand till set. If cream, or half cream and half milk, be permitted, the blancmange will be much improved.

Custard that is to be served in glasses as an accompaniment to fruit or sweet dishes may be made with cream or milk and with eggs, varying in number from one to eight or nine. The richer the custard the more likely it is to curdle in making. A moderately good custard may be made as follows:—Boil a pint of milk, sweeten it to taste, but if any essence is to be used for flavouring do not put this in until the custard is made. Almond, lemon, vanilla, orange, nutmeg or brandy are the flavourings usually chosen. A few drops of vanilla essence and a spoonful of brandy are very good together. If lemon or orange flavour be chosen, the very thin rind of the fruit should be boiled in the milk till it tastes pleasantly. While the milk is boiling beat three eggs lightly, pour the boiling milk upon them, put them into an enamelled saucepan, and stir the custard over a slow fire till it begins to thicken. Draw it quite back so that it cannot even simmer, and let it remain, stirring it occasionally, for about a quarter of an hour. By letting it remain at a gentle heat in this way, and stirring it well, the custard will be considerably enriched. Pour it out, stir it now and then to keep it from skinning on the surface, and when cold it is ready. If almond flavour has been used, a few almonds, blanched and finely shred, may be sprinkled over it in the glasses, or nutmeg may be grated on the surface. A plain custard may be made with a pint of milk, one egg, and a teaspoonful of flour or corn-

flour. The thickening ingredients should be mixed to a smooth paste with cold milk, then added to the boiling milk, and after being boiled up and cooling a minute, the two should be mixed with a beaten egg and the mixture boiled.

Custard, Apple.—Pare, core, and cut in slices six or eight large apples. Put them into a stewpan with a very little cold water, cover them, and stew them to pulp. Put with them a tablespoonful of preserved quince, or, wanting this, a teaspoonful of grated lemon-rind, and add sugar to taste. Let the mixture get cold; pour over it a pint of custard, grate nutmeg on the top, and bake in a gentle oven. When the custard is set it is done enough. It will be better cold than hot.

Custard Blancmange, or Solid Custard.—Soak an ounce of gelatine in a cupful of cold water for an hour. Make a pint of custard, either plain or rich, and stir the soaked gelatine in this whilst it is hot till it is dissolved. Oil some moulds of various sizes, fill them with the custard, and put them in a cool place till wanted. When they are to be served, turn the shapes upon a glass dish pour round them a little brightly-coloured fruit syrup or lemon syrup, place a ring of angelica or a preserved cherry upon each mould, and serve. If preferred, a compôte of fresh fruit, such as white currants, red currants, cherries, or strawberries, can be used instead of the syrup. When very small moulds are used the blancmange can, for the sake of convenience, be made the day that they are to be served; but of course it is safer, especially in hot weather, to let them stand some hours to stiffen.

Rice Flummery. — Take a pint of milk and boil it, sweeten it with some sugar, and add a quarter of an ounce of bitter almonds—blanched and pounded—or a few drops of essence of almonds will do. Take about a couple of tablespoonfuls of ground rice and mix it with a little cold milk, and then thicken the boiling milk with it. Stir it till it begins to assume an elastic appearance, then pour it into a mould. Let it get cold; turn it out into a glass dish. Ornament it by sticking thin strips of almonds into it, and pour a custard or sweet sauce round the base.

This sweet can be flavoured in various ways. Instead of using almonds pounded, essence of almonds, lemon-peel, or essence of vanilla, or cinnamon may be substituted. In ornamenting, strips of angelica can also be used.

Custard Sippets.—Break an egg into a plate, beat it well, and put with it the third of a pint of milk, sugar and flavouring to taste. Cut stale bread, as much as may be required, into slices half an inch thick, divide them into neatly-shaped pieces, and soak them in the custard. Take them up before they are soft enough to break, lay them in a clean cloth with a cupful of flour, and shake the corners of the cloth to throw the flour over them, and so coat them with it. Put them carefully on a hair sieve, and shake it to free them from superfluous flour, and fry them in a frying-pan half-filled with hot fat till they are lightly browned on both sides. Lay them between two pieces of kitchen paper to free them from grease, sift white sugar thickly over them, and serve hot.

Gooseberry Fool. — Pick a pound of green gooseberries, stew them with a little water and three-quarters of a pound of sugar till they are perfectly tender, then rub them through a wire sieve, and add them to rather more than half a pint of

milk previously boiled, and in which a dessertspoonful of Swiss milk has been dissolved. Swiss milk added to milk makes it more like cream, but a proportionately less quantity of sugar must be used. Of course cream is far superior to milk. Gooseberry fool is served cold.

Rhubarb Fool. — Stew the rhubarb till tender with a very little water. Sometimes the rhubarb requires peeling. Sweeten the rhubarb with some moist sugar, rub it through a wire sieve, and mix with about half a pint of milk, boiled separately, in which a dessertspoonful of Swiss milk has been dissolved. Proportions: three parts pulp to one part milk. The yolk of an egg can be beaten up in the milk after it has boiled, but the egg must not boil.

Custard can be used instead of milk, in which case rather more custard will be required than milk.

Apple Gâteau.—Take some stale bread and rub it through a wire sieve. Weigh six ounces of the crumbs, and put with them six ounces of sugar, four ounces of suet chopped small, the grated rind of one lemon, half a pound of apples, weighed after being pared, cored, and chopped, two tablespoonfuls of flour, half a spoonful of baking-powder, the strained juice of two lemons, and three, or if preferred, two eggs. Put the mixture into a greased tin mould, and steam it for three hours. Let it stand a few minutes after taking it out of the steamer, then turn it out and serve with sweet sauce or custard sauce.

Cherry Gâteau. — Soak one ounce of gelatine in a cupful of water for an hour. Remove the stalks and stones from one pound of cherries. Boil a quarter of a pound of loaf sugar in half a pint of water for ten minutes; now throw in the cherries, and let them boil for ten minutes. Dissolve the gelatine in a little of the syrup, add it to the cherries, throw in a few cherry kernels, and colour the gâteau with cochineal. Put the preparation into a damp mould which has a gallipot fixed in the centre. When wanted turn it into a glass dish, and put a little cream or custard in the place which was occupied by the gallipot. Various fruits may be used instead of cherries.

Devonshire Junket.—Heat a quart of milk till it is lukewarm. Meanwhile, put half a teaspoonful of powdered cinnamon and a tablespoonful of sugar into a cup, pour on a wineglassful of brandy, and stir till the sugar is dissolved. Add this to the milk, put it into the dish in which it is to be served, and stir in a tablespoonful of prepared rennet. In three or four hours it will be firm and ready to be served. If it can be procured, a little clotted cream should be spread on the top of the junket, and white sugar sifted over that. Sometimes fresh fruit is eaten with this dish. It improves the appearance of the dish if some coarse white sugar, coloured with cochineal, is sprinkled lightly over the cream as well as the sifted sugar.

Lèche Crême.—Put a pint and a quarter of milk into a stewpan with two tablespoonfuls of powdered sugar, a pinch of salt, and four drops of ratafia flavouring. Make it hot over the fire, but do not let it boil. Mix two tablespoonfuls of flour to a smooth paste with a quarter of a pint of milk, and add the well-beaten yolks of three eggs and the white of one. Stir a little of the warm milk with the eggs; add the rest gradually; return the whole to the saucepan, and stir till the mixture begins to thicken. Pour it gently upon six ounces of ratafias which have been laid at the bottom of a shallow dish; arrange the remaining two ounces of

ratafias on the top, and serve when cold. If liked, the yolks of two instead of three eggs can be used.

Normandy Pippins.— Soak the pippins in water over-night, stew them gently for two or three hours in a little water, with sufficient sugar to make the juice a syrup, and also a few strips of lemon-peel, a few cloves, and a small stick of cinnamon. When quite tender, take them out without breaking them, and place them in a glass dish. Bring the syrup to a boil, and colour it pink with cochineal, pour over the stewed pippins, and let them get cold. A small glass of port wine added to the syrup is a great improvement.

Orange Cream and Garnish.—Peel four oranges, and put the rind in a pint of milk for an hour. Meantime soak three-quarters of an ounce of gelatine in two tablespoonfuls of milk. Boil the flavoured milk with four tablespoonfuls of sugar, stir in the gelatine, strain the cream, and let it get cold. As soon as the cream begins to set, add the strained juice of the oranges; this must not be put in before the cream is quite cold. Whisk the cream till it is in bubbles, pour it into a damp mould, and put it into a cool place till wanted.

Orange Garnish.—Rinse the orange rind already used; it will still have flavour. When clear, throw it into half a pint of water, and simmer it till the liquor tastes pleasantly. Strain it, and boil it with loaf sugar to a clear syrup. Cut two or three of the strips of orange rind into shreds and throw them into the syrup. When the cream is turned upon a dish, garnish it with the shredded rind, and pour the orange syrup over it. If liked, the cream can be poured into a mould with a gallipot placed in the middle; a weight could be put on this to keep it down. Of course, when turned out, the cream would be hollow in the centre, and this vacancy might be filled with a *Compôte of Oranges*, prepared as follows:— Peel four oranges, and divide each orange into ten pieces. Pour over the fruit a little thick syrup made as directed for Orange Garnish. Let it soak for four hours, and it is ready for use. Or, instead of pouring syrup over the fruit, sprinkle powdered white sugar over the oranges, let them remain for three hours, then pour in three tablespoonfuls of brandy, and the compôte is ready.

Pine-apple, Tinned.—Tinned pine-apples make excellent fritters (*see* FRITTERS); also, they make a very delicious sweet by simply thickening the syrup with a little gelatine and making them into a jelly, letting the slices set in the jelly.

A tin, or part of one, can also be turned into the centre of a plain border of cold boiled rice, in which case ornament the border with a few preserved cherries and slices of green angelica. (*See* RICE BORDERS, p. 187.)

Preserved Peaches.—Follow in all respects the directions given for serving tinned pine-apple.

Rhubarb, Stewed.—Wash the rhubarb and cut it into three-inch lengths. For one pound of fruit make a syrup by boiling a quarter of a pint of water with six ounces of loaf sugar till clear. Put in the rhubarb and simmer it very gently till it is soft without having fallen. As the pieces become tender lift them one by one carefully into a glass dish, and when all are done pour the syrup out to cool. Add two or three drops of cochineal to the syrup to colour it, and pour it over the fruit. Early in the season the rhubarb need not be peeled, but when it gets old the skin must be removed. Champagne or forced rhubarb, when it can be obtained, is the best for this dish.

Stewed rhubarb is most delicious when a little cream is served with it.

Fruit, Stewed. — Nearly all kinds of ordinary fruit can be stewed by being placed in a pie-dish or jar, with a little water, sugar, from a quarter of a pound to three-quarters of a pound to a pound of fruit, and left to stew in the oven. It should be occasionally stirred with a spoon. When tender it can be served either hot or cold, by itself or with boiled rice and plain suet pudding. This is often more convenient than making fruit puddings or pies. An admirable dish for children. Never cook or eat stale fruit, which is absolutely injurious.

Red Rice (Rothe Grütze). —A Danish dish. This may be made either with the juice of fresh fruit or with dissolved red currant jelly, or raspberry jam. It is best when fresh raspberries are used for it. Take a pint and a half of red currants and half a pound of raspberries with a quart of water. Stew the currants gently till the juice flows freely, add the raspberries just before the currants are ready. Strain the juice measured, sweeten it to taste, and add corn-flour or ground rice in the same quantity as for a blancmange, or a mould. Pour the preparation into a damp mould. When cold, turn it upon a glass dish and serve cream with it, if permitted. To make red rice with jam, stew the contents of a pound jar of raspberry jam with enough water to fill a quart mould. Strain the juice, sweeten it, put a few drops of lemon-juice with it, add cochineal to colour it, and proceed as before.

Stone Cream. — Make a pint of blancmange with gelatine, or corn-flour. Put two stale sponge biscuits sliced at the bottom of a glass dish, and lay a little good jam upon them. Grate the rind of a lemon upon them, and squeeze over them the strained juice. Cover the dish with the blancmange while it is still in a liquid condition, and let it stand in a cool place till stiff. Ornament it with knobs of the same jam that is spread on the cakes, or, if preferred, garnish it with blanched almonds. The substitution of cream for milk in the blancmange will make this into a very superior dish.

Strawberry Cream.— This can be made either with fresh fruit (one pint for half a pint of cream), or with jelly (two good tablespoonfuls to half a pint of cream). The same recipe may be followed in making creams of other fruit, such as raspberries, red currants, apricots, &c. Fresh fruit should have sugar sprinkled over it for an hour or two to make the juice flow freely, and if it is at all hard it should be gently stewed. When jelly is used instead of fresh fruit a little lemon-juice should be added. Soak an ounce of gelatine in a cupful of milk for an hour. Dissolve the jelly, boil it with an ounce of sugar, and put the gelatine with it. Put the half-pint of cream in a bowl. Whisk it in a cool place till it begins to thicken, then stop whisking it immediately, or it will curdle. Put the whipped cream with the fruit, and stir the mixture lightly together. Scald a mould with hot water, then rinse it out with cold water. Pour the mixture into it, and put it in a cool place or upon ice till stiff. When fresh fruit is used it should be rubbed through a hair sieve, and the pulp only should be taken. If liked, custard can be substituted for the fruit juice, and so *Italian Cream* can be made. For the custard half a pint of milk, the yolks of three eggs and the white of one, and a little sugar will be required.

Whipped Cream.—The cream will be firmer if made the day before

it is wanted. Put half a pint of double cream—that is, cream that has stood twenty-four hours—into a cold basin, sweeten and flavour it, and whisk it in a cold place with an ordinary whisk till it froths on the top. Skim off this froth and lay it at once on a fine sieve, and whisk again until the cream is finished. Take away the liquid that drains from the froth and reserve it for sauce. When the froth has thus stood for some hours it will be ready for piling in the centre of a dish, or for any purpose of a similar kind. If the cream becomes very thick whilst it is being whisked, put a spoonful of cold water with it. The same remedy should be adopted if the cream should "turn:" this mischance frequently occurs, especially in hot weather. The quantity of whipped cream may be increased by beating the white of an egg to froth and adding it to the cream before beginning to whisk it.

Lemon Cream. — Take the thin rind of one large or two small fresh lemons, and put it into a pint of cream. Let it soak for half an hour, then stir in four ounces of sifted sugar and the strained juice of the lemon. When well mixed, add one ounce of dissolved and cooled isinglass. Take out the lemon-rind, pour the mixture immediately into a well-oiled mould, and put it into a cool place to set. Time, about half an hour to prepare. Sufficient for a pint and a half mould.

Trifle.—This is a compound of syllabub and sweetmeats. Line the bottom of a glass trifle-dish with sponge biscuits stuck with blanched almonds; moisten them with sweet wine, or with sherry and sugar. Over these lay a dozen ratafia cakes dipped in noyeau. Intersperse with these some thin slices of citron and orange-peel, and distribute over these pieces of apricot and raspberry jam with currant jelly. Pour over these a few spoonfuls of the liquor of the syllabub. The next layer should consist of tartlet cream of about the thickness of an inch, over which grate some nutmeg, and strew a little powdered cinnamon, together with a small quantity of lemon-peel, and some powdered loaf-sugar. Lastly, take the whipped froth from the sieve, and put it on the top as abundantly as the dish will contain. To give it a pleasing appearance, strew various-coloured comfits over the froth. The tartlet cream to form one of the layers may be made as follows:—Mix together half a pint of cream and the same quantity of milk; put into it a piece of fresh lemon-peel or Seville orange-peel, and a little cinnamon, and sweeten with loaf sugar. Let these ingredients boil about ten minutes. Have ready prepared in another pan the yolks of six eggs well beaten up with a heaped teaspoonful of fine flour; to these gradually strain the boiled ingredients, and then whisk them well together over a gentle fire, so that they may acquire the proper consistence without curdling. If you are deficient of cream, milk only may be employed, but in that case a little more flour will be required.

Trifle (another way).—The whipped cream which is laid over the top of a trifle should be made the day before it is wanted, as then it will be much firmer. Rub the rind of a large fresh lemon with two or three lumps of sugar till all the yellow part is taken off; then add a little more sugar to make up the quantity to three ounces, and crush it to powder. Warm a pint of cream and stir the sugar in this till it is dissolved. Add a glassful of sherry, a teaspoonful of the juice of the lemon, a tablespoonful of brandy, and the whites of two eggs, which have been whisked separately to a

firm froth. Mill or whip the mixture in a eool plaee, and as the froth rises take it off, and plaee it on an invertod sieve to drain. Continue whisking until the whole of the cream is frothed, and set the sieve in a cool place, or upon iee, with a dish under it. The next day put four sponge biscuits, a quarter of a pound of macaroons, and a quarter of a pound of ratafias at the bottom of a trifle-dish, and pour over them a large wineglassful of sherry, and another of brandy, or, if preferred, use two parts wine and one part spirit, and let the biscuits soak till they have absorbed all the liquor. Grate a little lemon-rind upon the cakes, and spread over them a layer of good jam; then cover them with a pint of nicely-flavoured rieh cold custard. Pile the whipped cream lightly over the top as high as possible, and then garnish the dish with pink comfits, bright-coloured jelly, or flowers. Time, about one hour and a half to whip the eream. Suffieient for one trifle.

Trifle (another way).—Whip a pint of eream the day before it is wanted, according to the direetions given in the last recipe; as the froth rises lay it on a reversed sieve to drain. Take two dozen finger biscuits; spread a little raspberry jam on the flat sidè of twelve of them, and press the other twelve upon it. Arrange these round a trifle-dish, put a quarter of a pound of macaroons, a quarter of a pound of ratafias, and four penny sponge cakes at the bottom of the dish; pour over them a glassful of sherry or Madeira and a glassful of brandy, and let them soak till they have absorbed all the liquor. Pour a pint of rich cold custard over the soaked biscuits, and then pile the whipped cream on the top. The eustard may bc made with a pint of milk, the well-beaten yolks of eight eggs, a heaped tablespoonful of powdered sugar, a tablespoonful of brandy, and any flavouring that may be preferred. Time, twenty-four hours to drain the whipped cream; two hours to soak the biscuits; ten minutes to thieken the eustard. Suffieient for one eentre dish.

Trifle, Apple.—Make a whip the day before the trifle is wanted, as for other trifles, using a pint of eream, two ounces of sugar, a glassful of sherry, and the white of an egg. Lay the froth on an inverted sieve, and leave it in a eool plaee. Peel, eore, and sliee a dozen fine apples, and put them into a saueepan with two tablespoonfuls of sugar and two of water, and let them simmer gently until quite soft. Press them through a sieve, and mix with the pulp the grated rind of half a lemon and a tablespoonful of brandy; but the brandy may be omitted. Make a thin eustard with half a pint of crcam, half a pint of milk, and a little sugar, and stir the mixture over the fire until it begins to thicken, but do not let it boil. Lay the pulped apples at the bottom of the trifle-dish; when the eustard is cool pour it over them, pile the whipped eream high on the top, and the trifle will be ready for serving. It may be ornamented with stripes of bright apple jelly. When it is not convenient to make the whipped cream, an inexpensive and simple substitute may be made as follows:—Whisk the whites only of three eggs to a firm froth; sweeten and flavour them, drop them in large spoonfuls into boiling water for a quarter of a minute, and turn them lightly over in the water that they may be set all round. Let them drain two or three minutes, and pile them ovcr the eustard. The appearance of the dish may be varied by slightly colouring half the whisked eggs with cochineal. Time, about

half an hour to stew the apples. Sufficient for a small trifle-dish.

Trifle, Gooseberry.—Wash a pint of green gooseberries, and stew them gently with a little water until they break; press through a sieve, throw away the skins, and sweeten the pulp agreeably. Make a thin custard, as recommended for apple trifle, and when it begins to thicken, pour it out and let it cool. Mix it with the fruit pulp, lay it on the trifle-dish, and pile whipped cream on the top, as for other trifles. Time, about half an hour to simmer the gooseberries. Sufficient for a trifle-dish.

Apple Charlotte.—Pare, core, and slice three pounds of good cooking-apples, and stew them gently to a pulp, with a little sugar and the thinly-chopped rind of two lemons. Well butter a mould, and place at the bottom and round it thin slices of stale bread dipped into melted butter. Let the pieces of bread overlap each other, or the apple will escape. Lay a thin slice of bread the shape of the mould over the top; cover it with a plate, and place a weight on it, and bake in a quick oven. Turn it out, and serve hot, with sifted sugar. Time to bake, one hour. Sufficient for a pint mould.

Apricot Charlotte.—Well butter a plain round mould. Cut pieces of stale bread—a round for the bottom and fingers for the sides. Fry them in butter, and arrange them in the dish, each piece overlapping another, so that the fruit may not escape. Pour in while hot a little apricot jam. In making the jam, allow half a pound of sugar to every pound of fruit, blanching two or three of the kernels and boiling them with it. Put pieces of buttered bread over the top, and bake in a moderate oven. Turn out carefully, and serve hot, with a little sifted sugar, or with a sauce made of the juice of a lemon stirred into a cupful of milk, and heated over the fire gently, whisking all the time to bring it to a froth. If a richer pudding is desired, slices of sponge cake, or better still, finger cakes may be substituted for the bread, and a custard served with it. Time to bake, half an hour. Sufficient for six persons.

Charlotte Russe. — Line a plain round mould with finger biscuits, carefully put them close together, and form a round or star at the bottom of the mould. Take a pint of cream and whisk it well with a little sugar and half an ounce of gelatine dissolved in a little water. Mix with it half a pint of apple, apricot, strawberry, or any other jam, and set it to freeze. Cover it with a piece of Savoy cake the shape of the mould, and be careful to fit it exactly, so that when it is turned out it will not be likely to break. Let it remain in the ice until it is sufficiently frozen. Turn out and serve. If fruit is not at hand the cream may be flavoured with coffee, burnt almond, vanilla, &c. Time to freeze, about an hour. Sufficient for a quart mould.

Charlotte Russe (another way).—Line a plain round mould with French biscuit of different colours. Divide the mould into four compartments by placing inside pieces of biscuit the height of the mould perpendicularly. These must of course be placed across both ways. Fill each division with a different purée of fruit, cover it closely with biscuit, and bake in a good oven. Turn it out of the mould, and serve with a little custard. Time to bake, half an hour.

Tipsy Bread.—This is an imitation of Tipsy Cake. Cut some bread in slices, smear both sides over

with jam, pile them up on a dish, moisten them with raisin or cowslip wine, and sprinkle with powdered sugar. Pour a cheap custard over the whole, and stick it over with blanched almonds cut into thin strips.

Tipsy Cake. — Take a stale sponge cake, cut it into four or five slices parallel with the bottom, so that the slices can be laid one on the other, and the shape of the cake can be preserved. Spread a thin layer of jam (raspberry or strawberry is best). Lay these slices of cake on the top of one another carefully. Next take, if the cake is a large one, half a pint of sherry, or raisin wine or cowslip wine; sweeten this with some sugar, and soak the cake thoroughly. Take a spoon and ladle the wine that runs into the dish over the cake again. When the cake has absorbed all the wine, and the dish is almost dry, pour over the cake a rich custard, rather thick. (*See* CUSTARD.) Custard can always be made thicker by using more egg or less milk, and by stirring it for a longer time in the boiling water. Ornament the cake by sticking it all over like a hedgehog with blanched almonds cut into thin strips. A tipsy cake can also be ornamented with preserved cherries and angelica, the latter cut into little rounds the same size round as the cherries, which can be pressed rather flat; these can be placed in the custard on the cake, in rings alternate green and red.

Apples, Baked. — Place the apples whole on a buttered dish. Bake very slowly. When tender, place them on a dish, and shake some powdered sugar over them. They are equally nice cold.

Apples, Stewed.—Peel, quarter, and remove the core from the apples; then stew them gently in a little water sweetened with white sugar and flavoured with a few cloves and strips of lemon-peel. When the quarters of apples are fairly tender, take them out and place them on a glass dish. If too much syrup, reduce it by boiling. Then colour the syrup pink with a little cochineal, and pour it over the apples. This is a nice dish for dessert. A spoonful of brandy added to the syrup makes a vast improvement.

Apples and Rice.—Proceed as in making apple sauce. Sweeten, and serve surrounded by a border of boiled rice. (*See* RICE BORDERS, p. 187.)

Apricots and Rice.—Get a border of rice, cold (*see* RICE BORDERS); pile the apricots up neatly in the centre; thicken the syrup with a little corn-flour, and pour over the whole. This dish can be ornamented by placing preserved cherries in the angles of the piled-up apricots, and also by sticking strips of finely-cut angelica into the apricots. The syrup can also be coloured pink with a little cochineal. This is a cheap and very effective dish.

Apricots, Tinned. — Apricots can now be bought very cheap preserved in tins; they are generally in halves. They make an excellent sweet, or can be sent up as they are, with a little of the syrup, for dessert.

Irish Rock. — A sweet for dessert, composed of almonds, sugar, and butter pounded together, and moulded into an egg-like shape. It has a very pretty appearance when arranged to contrast with green sweetmeats and bright-coloured preserved fruits. Wash the salt from half a pound of butter, and beat into the butter a quarter of a pound of finely-powdered sugar; blanch a pound of sweet almonds and an ounce of bitter. Pound these in a mortar —reserving enough of the sweet almonds to spike for ornamenting

the dish when sent to table; add the butter and sugar, with about a quarter of a glass of brandy, and pound until smooth and white, when after having become firm it may be shaped with a couple of spoons. It should be placed high on a glass dish with a decoration of green sweetmeats, the spiked almonds, and a sprig of myrtle. Garnish with any green fruits or sweetmeats.

Prunes, Stewed. — Let the prunes, after being washed, soak all night in cold water. Take them out, and let the liquid settle; then pour it off, and stew the prunes in this gently for an hour, adding a small piece of cinnamon, a small piece of lemon-peel, and sufficient sugar to make the juice a syrup. Add, when cold, a glass of port wine.

Pears, Baked. — Place the pears whole in a buttered tin in the oven. Shake some powdered sugar over them when done. Baking or cooking pears require a very long time — some four or five hours—to bake.

Pears, Stewed. — Peel some cooking pears; cut them into quarters, removing carefully all the core. Place them in a stewpan, with sufficient water to cover them. To every pound of cut-up fruit add a quarter of a pound of sugar, a small stick of cinnamon as big as the little finger, and a dozen cloves. Stew till perfeetly tender, take out the pears, bring the syrup to a boil, strain it, make it a bright red with a little cochineal. When cold, take a tablespoonful of port wine, and add it to the syrup.

Currants for Dessert.—Red, black, and white currants for dessert ean be crystallised as follows: — Moisten the currants in a little weak gum—one lump of gum arabic dissolved in a wineglassful of water, or one white of an egg beaten up in a wineglassful of water; then cover the eurrants with powdered sugar, and let them dry on paper. The effect is very pretty. The eurrants can be strung, or crystallised in the bunch. If you string the currants, after they are crystallised place them on a dessert-dish as follows:—First, some elean green leaves, such as vine-leaves; then the red eurrants spread out; next, a pile of white currants on the top of the red, leaving a red border; next, a small heap of black currants on the top, to complete the pyramid.

Raspberries, Iced, for Dessert.—Raspberries can be iced like currants for dessert, but are liable to break (*see* CURRANTS FOR DESSERT), especially if, as they should be, they are very ripe. They take a very long time to dry. A little weak gum is better than whipped-up white of egg.

Almonds, To Blanch. — Almonds are usually covered with a brown skin, which can be removed by pouring boiling water over them, when the skins are easily rubbed off with the fingers. Directly you rub off the skin, throw the now snow-white almond into cold water, or it will change colour. Almonds should always be blanched for dessert, when served with raisins. They can also be blaneched and cut into strips to ornament tipsy cake or sweet puddings.

Angelica, Candied.—Candied angeliea can be bought at all large grocers'. It will keep good for years and is exceedingly useful as a garnish for sweets. As a little goes a very long way, it is an economical garnish.

CHAPTER XX.

PUDDINGS.

To Boil in a Cloth.—A large number of puddings are boiled in a cloth. The first care should be to see that the cloth is quite clean, and it is generally best to throw it into scalding-hot water for a minute, and afterwards to wring it out. For an ordinary pudding—say, suet (*see* SUET PUDDING)—suppose the pudding mixture is ready in a basin, lay the cloth out, and flour it well—*i.e.*, every part of it that is likely to come into contact with the pudding; shape the pudding into a ball, and place it in the middle of the cloth; bring the ends up together, and tie the cloth round with a piece of string very tightly. This does not mean that you, so to speak, wrap up the pudding very tightly; but, on the contrary, you should allow room for the pudding to swell—*i.e.*, you tie the string round the cloth about an inch above the pudding. Always plunge the pudding, when tied up, into boiling water, and keep the water boiling. A suet pudding for five or six persons will take about two hours or two and a half hours to boil. When you take it out, put the pudding on a dish or plate, and let it stand and drain for a minute before you untie the string and take out the pudding.

When the pudding is a rich one (such as a Christmas pudding), you should butter the cloth before you flour it. It is also best, on these great occasions, to have a new cloth that has been scalded several times. It is perhaps needless to state that there must be no holes in the cloth.

In boiling a pudding in a basin, wrapped up in a cloth, the basin should have a rim. The cloth should be stretched over the top of the basin, then tied round the rim, and the cloth brought up and tied again.

To Beat Butter to a Cream.—In making cakes and the better class of puddings it is often desirable to beat the butter to a cream before using it. For this purpose place the butter—say, half a pound—in a tolerably strong basin, and beat it with a fork or spoon—a wooden fork or spoon is best. After beating and smoothing it against the sides of the basin, and knocking it about, the butter gradually loses its consistency and comes back into a creamy state, but thicker than cream itself.

Acidulated Pudding.—Take the thin rind of three lemons and two Seville oranges, with a quarter of a pound of sugar; place them in a bowl with a pint of boiling water, and let them remain about an hour and a half; then remove the rinds, and add the juice of the lemons. Put three or four slices of sponge-cake into a glass dish, and strain the liquid over them; let them soak till they have absorbed the syrup, then pour over them a good custard, and strew a little pink sugar over the top. Sufficient for four or five persons.

Adelaide Pudding.—Put a pint of water and the thinly-peeled rind and juice of a lemon into a saucepan. Bring it slowly to a boil; then take it off the fire and stir into it, while hot, six ounces of butter and a cupful of sugar; mix with it, very gradually and smoothly, half a pound of flour; let it cool; add six well-beaten eggs and a teaspoonful of baking-powder. Half fill some buttered cups, and bake in a quick oven. Time to bake, about half an hour. Sufficient for one dozen cups.

Agnew Pudding.—Pare and core eight apples, and boil them to a pulp with the rind of half a lemon. Beat up the yolks of three eggs, and add to them three ounces of melted butter; sweeten to taste, and beat all together. Line a pudding-dish with puff paste, pour in the mixture, and bake until it becomes a light brown colour. Time to bake, thirty minutes. Sufficient for four persons.

Albemarle Pudding.—Take a quarter of a pound of sweet and three or four bitter almonds; blanch and pound them, being careful not to let them oil. Beat four eggs and add to them their weight in sifted sugar; whisk them over the fire till the sugar is melted, then pour them out at once; let them get cold, and then stir in the almond paste. Beat all together to a froth, and while in this state put the mixture into a well-oiled tin, and bake it immediately. Time to bake, half an hour. Sufficient for four or five persons.

Albert Pudding.—Beat six ounces of butter quite thin, then gradually mix with it five well-beaten eggs, half a pound of flour, and six ounces of loaf sugar on which the rind of a lemon has been grated; add half a pound of stoned raisins, and place the entire mixture in a mould which has been well buttered and lined with slices and stars made of citron, peel, and figs. Tie it up closely, and steam or boil it for at least three hours. Serve it with good melted butter, flavoured with lemon and brandy. Sufficient for six persons.

Albert's (Prince) Pudding.—Lay the thin rind of a lemon over half a pound of crumbled Savoy cake, and pour over them half a pint of boiling milk; add a good pinch of salt, the yolks of four eggs and the whites of two, together with a tablespoonful of powdered sugar. Pour the whole, when well mixed, into a buttered mould, and steam it for nearly an hour. A little jam served with this pudding is an improvement. Sufficient for four persons.

Alderman's Pudding.—Pour three pints of boiling milk over six tablespoonfuls of finely-grated bread-crumbs, and soak for half an hour. Shred finely six ounces of firm beef suet; mix with it a heaped tablespoonful of stoned raisins and another of currants; add a little sugar and grated nutmeg, and the rind of half a lemon chopped finely. Mix these ingredients together with five eggs well beaten. Line the edges of a shallow pie-dish with good crust, place the pudding in it, and bake. It is also very nice steamed. Time to bake, forty minutes; to steam, two hours. Sufficient for six or eight persons.

Almond Pudding, Boiled.—Blanch and pound with a little water three ounces of sweet and four or five bitter almonds; add a pint of new milk, sugar to taste, a little nutmeg, a tablespoonful of flour mixed smoothly, a tablespoonful of grated bread-crumbs, two eggs well beaten, and lastly, the whites of two eggs whisked to a froth. Pour the mixture into a well-buttered mould, and steam gently till the pudding is set. When done, let it stand for a few minutes before turning out. Sufficient for four persons.

Almond Pudding, Jewish.—Put four ounces of sweet almonds, and three bitter ones, into a saucepan of cold water. Heat it gradually, and when too hot to bear the fingers put the almonds into a basin, slip off the skins, and throw them at once into cold water. Dry them well, and pound them in a mortar until they form a smooth paste; drop a teaspoonful of cold water over them two or three times to prevent them oiling.

Mix with them four ounces of powdered loaf sugar, and add two tablespoonfuls of rose-water, together with the yolks of four and the whites of three eggs well beaten. Stir briskly for ten minutes, pour into a well-oiled mould, and bake in a quick oven. Turn the pudding out of the dish before serving, and pour round it a thick syrup, flavoured with the rind and juice of a lemon, and coloured with cochineal. Time, half an hour to bake. Sufficient for three or four persons.

Almond Pudding, Plain.—Soak three tablespoonfuls of finely-grated bread-crumbs in milk. Add four ounces of blanched and pounded almonds, a piece of butter the size of an egg melted in a pint of new milk, sugar to taste, a teaspoonful of grated lemon-rind, a scrape of nutmeg, and three eggs well beaten. A glass of sherry or raisin wine may be added. Place in a pie-dish lined with paste, and bake in a moderate oven. Time, half an hour. Enough for three or four persons.

Almond Pudding, Rich.—Blanch and beat to a paste a quarter of a pound of sweet almonds and five or six bitter ones, with a little water to prevent oiling; add a dozen lumps of sugar, six of which have been rubbed on lemon-rind, a piece of butter the size of an egg, melted with a glass of warm cream, five eggs well beaten, a little nutmeg, and a glass of sherry. Put the mixture into a pie-dish and bake in a moderate oven, or put it into buttered cups, and turn out. Serve with sweet sauce. Time to bake, half an hour. Sufficient for four persons.

Almond Sauce for Puddings.—Boil gently a quarter of a pint of water and half that quantity of new milk. Pour this slowly, when boiling—stirring all the time—upon a dessertspoonful of arrowroot, mixed with a little water. Add sugar to taste—rubbing two or three lumps of the sugar on the outside of a lemon—the beaten yolk of an egg, and enough essence of almonds to flavour nicely. Serve in a tureen. Do not pour the sauce over the pudding, as every one may not like the flavour. A little brandy may be added. Time, about ten minutes to boil. Sufficient for a medium-sized pudding.

Almond and Bread Pudding.—Blanch and pound three ounces of sweet and six or seven bitter almonds, and allow them to simmer gently in half a pint of milk by the side of the fire for a quarter of an hour, to draw out the flavour. Then pour them over four ounces of moderately stale crusts of bread. Stir in a quarter of a pound of beef suet finely chopped, two tablespoonfuls of moist sugar, the same of flour, the finely-minced rind and the juice of a lemon, and two well-beaten eggs. Beat the mixture thoroughly, and pour it into a well-oiled mould; let it boil without stopping for three hours, and serve with sweet sauce. Sufficient for four or five persons.

Almond and Potato Pudding.—Blanch and pound three ounces of sweet almonds and four or five bitter ones. Put them into half a pint of milk, and allow them to simmer slowly for a quarter of an hour. Mix in smoothly half a pound of cold mealy potatoes that have been rubbed through a wire sieve, a quarter of a pound of butter, the grated rind and juice of a lemon, a little nutmeg, and three well-beaten eggs. Beat the mixture for some minutes with a wooden spoon. Put it into a well-buttered mould, and bake in a quick oven. Turn out carefully, and serve with sifted sugar or almond sauce. Time to bake, about an hour. Sufficient for six persons.

Almond and Raisin Pudding.—Soak a quarter of a pound of the stale crumb of bread in half a pint of new milk; add two tablespoonfuls of finely-chopped suet, the same of currants washed and picked, a little sugar, the juice and finely-chopped rind of a lemon, and three well-beaten eggs. Well butter a mould or basin. Place raisins in rows round it with four ounces of sweet almonds blanched and split in alternate rows (the butter will make them stick), and pour the mixture in. Put it into boiling water, and allow it to boil for three hours. Turn out and serve with wine sauce. Sufficient for five or six persons.

Amber Pudding.—Beat half a pound of butter to a cream. Mix with it a quarter of a pound of flour, six tablespoonfuls of bread-crumbs, sugar to taste, the finely-chopped rind of three lemons, a pinch of salt, and three well-beaten eggs. Beat all well together, fill a buttered mould, and boil four hours. Finely-chopped suet may be substituted for the butter. Sufficient for five or six persons.

Ambrose Pudding.—Beat a quarter of a pound of butter to a cream, add to it two tablespoonfuls of pounded sugar, the juice of two lemons, a coffee-cupful of new milk, three well-beaten eggs, and twenty drops of essence of almonds. In another bowl, mix two tablespoonfuls of chopped raisins, the same of currants, one ounce each of candied lemon, orange, and citron, three large apples chopped small, two tablespoonfuls of marmalade, and a pinch of salt. Well butter a mould, place in it a layer out of each bowl alternately, until both are emptied, and bake in a quick oven. This pudding may be eaten either hot or cold. Time, two hours and a half to bake. Sufficient for five or six persons.

Apple Batter Pudding.—Put into a bowl half a pound of flour and a little salt, and stir very gradually into it half a pint of milk. Beat it until quite smooth, then add three eggs. Well butter a pie-dish, and pour about half the batter into it. Place it in a quick oven, and bake it until quite firm. Nearly fill the dish with apples, pared, cored, and sliced, and slightly stewed with a little sugar, and lemon-rind, or any other flavouring. Pour the rest of the batter in, and replace in the oven. Time to bake, one hour and a half. Sufficient for six persons.

Apple Batter Pudding, Boiled.—Make a light batter with two eggs, four heaped tablespoonfuls of flour, a little salt, and a large breakfast-cupful of milk. Beat it well till perfectly smooth, then stir into it a few apples, pared, cored, and sliced. Put all together into a well-oiled mould, tie it in a floured cloth, and boil for an hour and a half. Serve with sweet sauce. Sufficient for six persons.

Apple Cake Pudding.—Take three pounds of finely-flavoured baking apples, pare and core them, and boil them to a pulp with the rind of two lemons, a cupful of water, and eight ounces of sugar. Beat them well, and mix with them gradually six good-sized potatoes, boiled and crushed quite small. Then add three or four well-whisked eggs, pour into a buttered mould, and boil quickly. Serve with sweet sauce. Time to boil, one hour and a half. Sufficient for six persons.

Apple Custard Pudding.—Take a dozen finely-flavoured apples, peel, core, and boil them with the rind of two lemons, half a pound of sugar, and a cupful of water, until they will pass through a wire sieve. Let them get cold; then add to them a little butter, and the whites of four

eggs well whisked. Beat all together until the mixture is smooth and firm. Turn into a well-buttered dish, and bake in a quick oven. Sift a little sugar over the pudding. Time to bake, about half an hour. Sufficient for six persons.

Apple Dumplings. — Take some middling-sized apples; pare them carefully, and cut them into quarters, and cut out the core. Mix together a little butter and brown sugar, and take a clove and a strip of lemon-peel, the size and thickness of the little finger-nail. Put these into about as much butter and sugar as will fill the hollow of the apple when the four quarters have been put together again. Put two quarters together. Put the sugar, butter, cloves, and lemon-peel into the hollow, piling it up. Place the other two quarters on the top, and surround the peeled apple with some suet crust. Tie each dumpling up in a floured cloth, and boil for about three-quarters of an hour, or rather longer if the apples are large. Throw them into boiling water. It is dangerous, especially when young children eat the dumplings, to scoop out the core without actually cutting open the apple. It can be done, but should not be recommended. Great care should be taken to remove all the core.

Apple Dumplings, Baked. —Proceed as before; but instead of tying them up in a cloth, place them in a buttered tin, and bake them in a moderate oven for about an hour. If the oven is fierce, the crust will get done before the apple is tender.

Apple Plum Pudding. — Chop finely six ounces of beef suet; add to it a pinch of salt, half a pound of finely-grated bread-crumbs, four ounces of sugar, half a pound of raisins, half a pound of currants, half a pound of chopped apples, two tablespoonfuls of dried flour, two ounces of chopped candied peel, and half a teaspoonful of mixed spice. Mix the dry ingredients thoroughly, then beat four eggs in a wineglassful of brandy, stir well together, pour into a well-oiled mould, or tie up in a well-floured pudding-cloth, and boil four hours. Serve with brandy sauce. Time to boil, four hours. Sufficient for six persons.

Apple Puddings (Alexandra's).—Pare, core, and quarter half a dozen finely-flavoured apples. Place them in a saucepan with a tablespoonful of water, the thin rind of half a lemon chopped small, and two tablespoonfuls of sugar. Simmer gently until reduced to a pulp; then stir in, while hot, a piece of butter the size of an egg, and when cold add two eggs well beaten, a breakfast-cupful of finely-grated bread-crumbs, half a cupful of milk or cream, and a little grated nutmeg. Mix thoroughly, then pour into little cups previously oiled, and bake for twenty minutes in a moderate oven. Turn them out, and serve with sifted sugar.

Apple Pudding, Baked.— Pare, core, and chop small a dozen good cooking apples. Oil a pie-dish, and cover the bottom and sides half an inch thick with grated bread, small pieces of butter, a squeeze of lemon-juice and a little lemon-rind; then put a layer of apples, sweetened, and repeat in alternate layers until the dish is full. The top layer must be of bread. Pour over the whole a cupful of cold water. Bake in a good oven. It may be used the day after it is made, when it must be heated thoroughly. Time to bake, according to the quality of the apples. Sufficient for six persons.

Apple Pudding, Baked, Rich.—Line a pie-dish with good short crust. Stew four pounds of

apples, and when hot, add a quarter of a pound of butter. Let them stand aside to cool, then add a cupful of cream, four well-beaten eggs, sugar to taste, grated lemon-rind, and grated nutmeg. Stir all well together, then place the mixture in the pie-dish, and bake in a good oven. Serve with Devonshire cream, or custard. Time, half an hour to bake. Sufficient for six persons.

Apple Puddings (Mother's).—Roll out two pounds of good suet or dripping crust, and let it be thicker in the middle than at the edges. Fill it with layers consisting of four tablespoonfuls of sliced apples, one teaspoonful of finely-shred suet, and one tablespoonful of currants. When full, fold it over, tie it in a well-floured cloth, boil, and serve with sweet sauce. Time to boil, two hours. Sufficient for six persons.

Apple Pudding, Nottingham.—Pare half a dozen good baking apples, remove the cores without dividing the fruit, and in their places put two or three cloves and some sugar. Place these in a buttered pie-dish, pour over them a light batter, and bake in a moderately hot oven. Time to bake, two hours. Sufficient for four or five persons.

Apple Roly-Poly.—Chop very finely six ounces of beef suet, and mix it with one pound of flour. Make it into a paste with half a pint of water. Roll it out about the third of an inch thick, and eight or ten inches wide. Spread over it, rather thickly, three pounds of apples boiled to a pulp and sweetened and flavoured. Leave half an inch of the edges untouched with fruit. Roll it round, fasten the ends securely, tie the pudding in a floured cloth and boil it. Serve with sweet sauce. Time to boil, one hour and a half. Sufficient for five or six persons.

Apple (Swiss) Pudding.—Butter a deep pie-dish. Fill it with alternate layers of apples sliced, sweetened and flavoured, and rusks which have been soaked in milk and beaten with a fork. Let the rusks be at the top and the bottom. Pour oiled butter over the whole, and bake until nicely browned. Serve with sifted sugar. Time to bake, forty minutes. Sufficient for four or five persons.

Apples and Almonds, Pudding of.—Stew to a pulp six or eight good baking apples, sweeten and flavour them, then lay them at the bottom of a well-buttered dish. Blanch and pound a quarter of a pound of sweet almonds; add to them four tablespoonfuls of sifted sugar, two tablespoonfuls of flour, the grated rind and juice of a lemon, and four well-beaten eggs. Spread the mixture over the apples, and bake in a good oven. Time to bake, about forty minutes. Sufficient for five or six persons.

Apricot Pudding.—Pour a pint of new milk (boiling) over six tablespoonfuls of bread-crumbs. Let them stand until cold. Then add the well-beaten yolks of three eggs, two tablespoonfuls of sherry, three or four drops of the essence of almonds, and four ounces of sifted sugar. Beat them thoroughly, then add to them twelve apricots which have been pared, stoned, and simmered gently until reduced to a pulp. Lastly, whisk the whites of two eggs to a firm froth, and add them to the rest. Place the whole in a pie-dish which has been lined with good puff paste, and bake in a quick oven. Time to bake, half an hour. Tinned apricots can be used, in which case the juice should be added. Sufficient for four or five persons.

Apricot Pudding, Baked.—Peel, stone, and halve a dozen fresh

ripe apricots; or take a small tin of apricots, place them in a saucepan with a glassful of white wine, and let them simmer very gently for a quarter of an hour. Take them from the fire, and add four of the kernels blanched and pounded, and two tablespoonfuls of sifted sugar. Beat them with a fork; then mix with them four sponge-cakes crumbled, a breakfast-cupful of new milk, and three eggs well beaten. Pour the mixture into a well-oiled mould, and bake immediately. This pudding may be eaten hot or cold. If cold, turn it out into a glass dish, and pour round it a good custard. Time to bake, forty minutes. Sufficient for six persons.

Arroba Pudding.—Put a pint and a half of milk into a saucepan, with two tablespoonfuls of ground rice, a pinch of salt, and a little cinnamon; stir it over the fire till it boils, let it cool, and then add four eggs well beaten. Pour the mixture into a well-oiled mould, and steam it, being careful to cover the top of the mould. Boil it for two hours; then take it out, and put it into the oven for a quarter of an hour, but do not let it colour. Turn it out and serve with it a sauce made of a cupful of milk, the yolk of an egg, and a little sugar, stirred over the fire till it thickens, and then two or three spoonfuls of sherry or brandy added. Sufficient for six persons.

Arrowroot Pudding.—Mix two dessertspoonfuls of arrowroot with half a cupful of milk. Place a pint and a half of milk in a saucepan with the grated rind of half a lemon and a tablespoonful of sugar. Boil it, and pour it upon the arrowroot. Stir it well, and when cool, add three well-beaten eggs and a piece of butter the size of a walnut. Line the edges of a well-buttered pie-dish with puff paste, spread a layer of preserved fruit at the bottom, then pour in the mixture, and bake in a good oven. Time to bake, half an hour. Sufficient for five or six persons.

Arrowroot Pudding, Plain.—Mix two tablespoonfuls of arrowroot with a little water. Put into a saucepan a pint and a half of milk, with a little grated nutmeg and a tablespoonful of sugar. When it boils, pour it upon the arrowroot, stirring it well, and add a piece of butter the size of a walnut. Pour it into a well-buttered pie-dish, and bake in a moderate oven for an hour or more. This is a wholesome pudding for the nursery. Sufficient for five or six persons.

Arrowroot Pudding, Steamed.—Mix two tablespoonfuls of arrowroot with a cupful of milk. Flavour a pint and a half of milk with cinnamon, lemon, orange, vanilla, almonds, or whatever may be preferred; put it on the fire, and when it boils, pour it upon the arrowroot. Stir well, and when it is cool add three well-beaten eggs, a tablespoonful of sugar, and the same of brandy. Put it into a well-buttered mould, cover it over, and steam it. When ready to serve, turn out, and put jam round it in the dish. Time to steam, an hour and a half. Remember in flavouring with orange or lemon to rub a few lumps of sugar on the rind. Sufficient for six persons.

Ashantee Pudding.—Chop finely, with a little flour, half a pound of suet; mix with it an equal weight of finely-grated bread-crumbs, three ounces of ground rice, a teaspoonful of baking-powder, and the rind of a lemon, grated. Stir all together; then add three eggs, and, if it is too stiff, a little milk may be put in. Place the mixture in a well-oiled basin; steam it, and serve hot, with melted butter and a little sherry. Time to steam, two hours. Sufficient for six persons.

Asparagus Pudding.—Take half a hundred young asparagus, and cut up the green part into pieces as small as peas. Beat a piece of butter the size of an egg to a cream; add to it a cupful of flour, two teaspoonfuls of finely-chopped ham, four eggs well beaten, the asparagus, and a little pepper and salt. Mix all well together, and add sufficient milk to make it into a stiff batter. Put it into a well-oiled mould, wrap it in a floured cloth, and place in a saucepan of boiling water. When sufficiently cooked, turn it on to a hot dish, and pour good melted butter round it. This is a very nice way of cooking asparagus. Time to boil, two hours. Sufficient for half a dozen persons.

Aunt Elizabeth's Pudding.—Take a breakfast-cupful of stale bread, and pour over it a pint of milk. Let it soak for half an hour, then beat it well with a fork. Next add a piece of butter the size of a walnut, a heaped tablespoonful of sifted sugar, the grated rind of a lemon, and the yolks of two well-beaten eggs. Bake in a good oven, and when sufficiently cooked, spread a little apple jam over it, and pile over that some whipped white of egg. Return it to the oven for a few minutes, for the whipped egg to set but not to brown. Time to bake, half an hour. Sufficient for four or five persons.

Aunt Mary's Pudding.—Well butter a plain mould, and stick alternate layers of raisins and sliced almonds round it. Pour a breakfast-cupful of warm fresh milk over a tea-cupful of finely-grated bread-crumbs. Let them soak for a little while, then add a small piece of butter, a dessert-spoonful of sugar, a little thinly-grated lemon-rind, and two eggs. Beat all well together, pour the mixture into the mould, cover it closely, and allow it to steam for three hours. Sufficient for four or five persons.

Aunt Susie's Pudding.—Beat a quarter of a pound of butter to a cream. Stir gradually into it two tablespoonfuls of ground rice, the same of fine flour, sugar to taste, the thin rind of half a lemon grated, two ounces of candied orange or citron-peel, a breakfast-cupful of new milk, and two well-beaten eggs. Flavour with a few drops of essence of almonds, pour the mixture into a well-oiled mould, tie in a cloth, and boil it. Turn out, and serve with sweet sauce. A little brandy will be an improvement. Time to boil, two hours. Sufficient for four or five persons.

Austrian Pudding.—Mix one pound of flour with a quarter of a pound of finely-chopped suet. Add a pinch of salt, a heaped teaspoonful of baking powder, a tablespoonful of grated lemon-rind, and a tablespoonful of moist sugar. Mix a large breakfast-cupful of lukewarm milk with a cupful of good treacle; stir it into the flour, pour all into a well-oiled mould, and tie it in a floured cloth. Serve with sweet sauce. Time to boil, three hours. Sufficient for six persons.

Bachelor's Pudding.—Beat up three eggs and add them, with a flavouring of lemon and grated nutmeg, to four ounces each of finely-minced apples, currants, grated bread-crumbs, and two ounces of sugar; two or three lumps of sugar must be rubbed on the rind of a lemon. Mix thoroughly, and boil in a buttered mould for three hours. Sufficient for four persons.

Bakewell Pudding.—Mix a pint of milk with the yolks and whites of four eggs beaten separately. Add three ounces of finely-sifted sugar, three ounces of butter, which should be first melted, and one ounce of well-pounded almonds. Lay three-quarters of a pint of bread-crumbs in

a dish with a little preserved fruit over, and fill up with the mixture. Bake one hour in a moderate oven. Sufficient for four or five persons.

Bakewell Pudding, Rich.—Line a tart-dish with puff-paste, lay on it any kind of preserved fruit; get ready a quarter of a pound of melted butter, six ounces of finely-sifted sugar, and one ounce of almonds; add these ingredients to five yolks and two whites of eggs which have been thoroughly well beaten. Mix all together and fill up the dish. Bake carefully for one hour in a moderate oven. Sufficient for four or five persons.

Batley Pudding.—Mix three ounces of finely-powdered sugar with the yolks of three eggs and the white of one, well beaten. Blanch and pound fifteen almonds, and add them to the eggs with a tablespoonful of brandy. Boil two ounces of ground rice with half a pint of cream; let it stand to cool, then stir in two ounces of clarified butter, and mix all together. Bake in a moderate oven for thirty minutes. Sufficient for five or six persons.

Baked Batter Pudding.—Make some ordinary batter. Grease a pie-dish and pour in the batter, and bake it in a brisk oven. It will be done enough when the batter is set in the middle and coloured brightly, and will take about an hour and a half. It is usual to choose a dish that the batter will not quite fill, but the pudding will be more acceptable to many people if the batter is not more than three-quarters of an inch thick. Cold butter and sugar, or jam, may be served as accompaniments. A pleasing variety will be afforded by filling the dish half full of good baking apples cored and sliced before pouring the batter in. Or a thin layer of batter at the bottom of the dish may be first baked, and when it is set jam may be spread upon it, and the remainder of the batter poured upon this.

Boiled Batter Pudding.—Make some batter, but use a spoonful or two less of milk than is ordinarily used, or the pudding may not turn out. Grease a pudding-basin that the batter will quite fill, and make it hot; pour in the batter, sprinkle a little flour on the top, and tie securely over it a pudding-cloth that has been wrung out of boiling water and floured. Place the basin in a saucepan with plenty of boiling water, and keep boiling moderately fast for an hour and a half. Sometimes a spoonful of sugar, a grate or two of nutmeg, and a small piece of butter are added to the batter. Let the pudding stand two or three minutes before turning it out, garnish it with bright-coloured jelly, and send sweet sauce to table in a tureen.

Bermuda Pudding.—Put a pint and a half of fresh juicy fruit, raspberries, strawberries, or red currants, into a jar with sufficient sugar to sweeten it, generally about half its weight, and two tablespoonfuls of water. Cover the jar, set it in a cool oven, and let it remain until the juice flows freely, when it may be strained off. For a pint of juice put three tablespoonfuls of Bermuda arrowroot into a cup, and mix it to a smooth paste with a teacupful of cold water, or fruit juice if it is to be had. Pour the boiling fruit upon it, stir it well, then put the mixture back into the saucepan, and stir again until it is quite thick. Take it off the fire, and add cochineal to improve the colour. Pour the preparation into a damp mould, and leave it until the next day. Turn it on to a glass dish and serve with milk or cream.

Bernese Pudding.—Beat up the yolks and whites of two eggs

with a quarter of a pint of milk, and add two ounces of very fine bread-crumbs and the same quantity of flour; take a quarter of a pound of suet, finely chopped; the same of mixed candied peel, chopped; the rind and juice of a lemon, the quarter of a small nutmeg, grated, and equal quantities of sugar and currants. Mix these ingredients for ten minutes, and put them aside for an hour. Stir all round, pour into a buttered pudding-dish, and lay a floured cloth over the top. Place it in boiling water and boil for three hours and a half. Serve with sugar over the top. Sufficient for three or four persons.

Bird's Nest Pudding.—Make the foundation of the nest of blancmange, calf's-foot jelly, or prepared corn, and colour it green with spinach juice, now sold in bottles as Beeton's Colourings. Rasp the rinds of three lemons and lay it round and on the blancmange like the straw. Take out the contents of four eggs through a small hole, and fill the shells with hot blancmange, or prepared corn; when cold, break off the shells, and lay the egg-shaped blancmange in the nest.

Black-Cap Pudding.—Make a good batter pudding. Pick and wash a quarter of a pound of currants, which lay at the bottom of a mould previously well buttered; pour the batter in over them and boil two hours. When turned out the currants will be on the top; this forms the black cap.

Black Currant Pudding.—Butter a basin and line it with pudding paste. To a pint and a half of fruit add six ounces of sugar. The currants should be dry or they will make too much juice. Mix the sugar up well with the fruit before it is put into the basin; boil one hour and a half. Or a pudding may be baked in this way:—Boil for about a quarter of an hour, in as much milk as will cover it, a teacupful of rice made sweet with two ounces of sugar. Take care it does not burn, and when done and nearly cool, stir in an ounce of butter and three well-beaten eggs with three tablespoonfuls of cream. Lay some currants in a pie-dish, add sugar (they require a good deal), and throw the mixture over them. Bake at once for half an hour; one hour to cook the fruit will be sufficient. Good either hot or cold. Sufficient for five or six persons.

Bread-and-Butter Pudding.—Butter a shallow pie-dish and three-parts fill it with thin slices of bread and butter. Sprinkle sugar and flavouring over the layers. Pour on gradually a custard made with a pint of milk and three eggs. Soak awhile, and bake till set. For another recipe, *see* WHOLESOME FARE, p. 311.

Bread Pudding, Boiled.—Soak half a pint of bread-crumbs with one pint of milk thrown on them while in a boiling state, and when the milk has become cold, add three well-beaten eggs, two ounces of currants, with sugar and nutmeg to taste. Mix all well together, butter a basin, pour in the mixture, and keep it boiling, with a cloth securely tied over the top, for rather more than one hour. Pieces of bread unfit for the table, on account of their staleness, may be used up in bread puddings, by carefully soaking them, and then pressing them dry before they are added to the rest. Sufficient for four or five persons.

Bread, Broken, Pudding.—This pudding will use up the crusts and remnants of bread to be found in every household; all will suit, no matter how dry they are, so that they are not mouldy. Gather all into a large bowl, and throw over it as much sweetened milk as the bread is likely

to absorb, with two or three tablespoonfuls of finely-chopped suet, and a little salt. Cover until well soaked, then beat the whole smooth, and add two or three well-beaten eggs, a few currants and raisins, and some grated nutmeg. The addition of a tablespoonful of rum will be found an improvement. Bake in an ordinary pudding-dish for about an hour and a half.

Brown Bread Pudding.—Collect the pieces of stale brown bread there may be in the house, break them up into very small pieces, and put as many as will weigh six ounces in a basin. Pour upon them the third of a pint of boiling milk, place a plate on the basin, and let the bread soak till soft. Squeeze the pudding dry, beat it well with a fork, and take out any hard pieces there may be in it; then add two ounces of good brown sugar, the grated rind of a *large* fresh lemon, and twenty drops of vanilla essence. Mix thoroughly, and add two well-beaten eggs. Put the mixture into a pint mould that has been well buttered, place a piece of greased paper on the top, and steam it for an hour and a quarter; turn it on to a hot dish, and serve. For a superior pudding, the yolks of four eggs and the whites of two may be used, and a little cream may be put with the milk. When two eggs only are used, the pudding must be squeezed dry before the eggs are added, or it will not turn out. This pudding will be much improved if a little whip sauce is poured round it. *Whip Sauce.*—Put the yolks of two eggs into a gallipot, with a dessertspoonful of sifted sugar, a glass of common white wine (orange or cowslip wine will do for the purpose), the grated rind of a lemon, and a very small piece of cinnamon. Set the gallipot in a small stewpan which has in it hot water to the depth of two inches, put it on the fire, and whisk the sauce till it comes to a thick froth, then pour it round the pudding. If preferred, fruit syrup and a little milk may be used instead of wine. This sauce must not be allowed to boil.

Brown Betty Pudding.—Pare, core, and slice six or eight large baking-apples, and prepare a large cupful of fine bread-crumbs. Butter a pie-dish, place a thin layer of bread-crumbs to cover the bottom of the dish, and put a layer of apples on this. Grate a little lemon-rind, or if preferred put a few cloves with the fruit, sprinkle sugar upon it, and lay two or three knobs of butter on the top. Fill the dish with these alternate layers of crumbs, apples, sugar, and butter—remembering that crumbs should form the uppermost layer. Then pour a cupful of water on the top, and bake the pudding slowly for an hour and a half or more, according to the quality of the apples. The pudding is done enough when the apples have fallen, and the crumbs on the surface are brown. Of course a spoonful or two of prepared quince would greatly improve this pudding.

Bun Pudding.—Take as many stale buns as a dish will contain without crowding; mix a custard, allowing five eggs to a quart of milk; season it with sugar and any kind of spices. Pour the custard over the buns, and let it stand and soak one or two hours. When it is all absorbed, bake it an hour and a half. This makes a very economical and pleasant pudding for a family where there are many children.

Cabinet Pudding.—Choose a pint mould, or if a larger pudding is required, increase the quantities of the ingredients proportionately to the size. Butter the mould and ornament it inside according to taste. Angelica cut into strips, preserved

cherries, and pistachio kernels, make a pretty garnish for sweet dishes of all kinds—the dark green of the angelica, and the lighter green of the pistachios, contrasting very effectively with the bright colour of the cherries. These ingredients are generally avoided because they are regarded as expensive. If carefully used, however, it would be found that half a pound of each would suffice for the moderate requirements of a family for five or six months. The cherries and pistachios must be kept separate in covered jars, and the angelica must be kept in a cool place excluded from the air. The pistachios before being used must be blanched as almonds are, that is, they must be put into a saucepan with cold water and heated gently till on the point of boiling, when the skins can be easily slipped off, leaving the beautiful green kernel exposed to view. Half a dozen kernels, half an inch of angelica, and a dozen cherries, would make a plain pudding or blancmange look quite a superior dish. Break some biscuits and ratafias into moderate-sized pieces. After ornamenting the buttered mould put in the biscuit, carefully, not to disturb the ornamentation, and pour gently in a custard made of two-thirds of a pint of milk, the yolks of two and the white of one egg. Sweeten to taste and flavour with vanilla or almond. Lay a round of buttered paper on the top of the pudding, and steam it till it is firm in the centre. It will take about an hour and a half, and the water should be *boiled gently*. Let it stand a minute, turn it carefully on to a hot dish, and pour a little good sauce round it. If the pudding is preferred cold, boil the custard and mix an ounce of dissolved gelatine with it.

Cabinet Pudding (another way).—Boil a pint of milk separately, and strain it into a basin; make it sweet with some lump sugar, some of which has been rubbed on the outside rind of a lemon. Next, beat in thoroughly, when the milk has partly cooled, four well-beaten eggs. Next, butter a mould or a basin—a plain round basin makes a handsome pudding—and stick in the butter some stoned raisins, or some preserved cherries, or sliced candied peel, or any kind of preserved fruit; then place in the mould some sliced sponge cake, mixed, if the pudding is wished very rich, with ratafias and macaroons; then pour the mixed eggs and milk, which is really unthickened custard, over the cakes, and fill the mould not more than three-quarters full. Steam the pudding for about an hour and a half, turn it out of the mould on to a dish, and serve hot, surrounded with some sweet sauce. (*See* SWEET SAUCE.)

This is an expensive pudding, but cooks should remember the *idea*, and invent puddings cheaper upon the same principle. For instance, sprinkle a buttered mould with currants, fill up with stale bread, and pour in a sweet custard, and proceed as directed. The most common mistake in making this pudding is putting in too much sponge cake. This swells. One sponge cake and a half is sufficient for a pint of custard. A plain round basin, nicely ornamented with cut stars of citron and preserved cherries, looks better than a mould.

Cabinet Pudding, Cold.—Put half an ounce of gelatine, which has been previously soaked in two tablespoonfuls of water, into a saucepan with a pint of new milk, the rind of a lemon, and two tablespoonfuls of sugar, and boil all together, stirring the liquid until the gelatine is dissolved. Well oil a plain round mould, and fill it with alternate layers of candied fruits, three parts crumbled macaroons, and Savoy bis-

cuits. Add a little brandy, fill the mould with the milk, and let it stand in a cool place until firm. Time to set, five or six hours. Sufficient for four or five persons.

Cabinet Pudding, Plain.—Butter a plain round mould; then fill it with alternate layers of raisins, bread and butter without crust, sugar, and a little grated nutmeg. Pour over it a pint of new milk mixed with three well-beaten eggs; flavour and sweeten. Allow it to soak for half an hour, then place a plate on the top, and steam it for one hour. Sufficient for four or five persons.

Cake Pudding.—This pudding is both economieal and wholesome, and is generally a favourite with the children. To make it, gather together a number of pieces of broken bread and put them into a bowl. Pour upon them as mueh boiling water as will cover them, put a plate upon the bowl, and let them soak until soft, then drain away the water. Beat them up with a fork until smooth, and take out any pieces that still remain doughy. Stir into the mess a good lump of dripping, a pinch of salt, a little grated nutmeg, moist sugar to taste, and a few picked and dried currants, or, if these are objected to, sultana raisins may be used. Grease a pie-dish, turn the mixture into it, and bake in a well-heated oven till the pudding is brightly browned on the top. A little jam is a great improvement to this pudding, and wine sauce makes it seem very much better than it really is. It must not be drained *too* dry.

Canadian Pudding.—Mix six tablespoonfuls of maizena or Indian corn-flour, one quart of milk, and the thin rind of half a lemon, in a saucepan, and let it boil, stirring all the time. Let it cool; then mix with it four eggs well beaten, and a little sugar, and pour it into a well-buttered mould which has been garnished with raisins placed in rows. Steam it for two hours, and serve with wine sauce. Sufficient for six persons.

Canterbury Puddings.—Melt two ounces of butter, then stir into it gradually two well-beaten eggs. Add two ounces of sugar, two ounces of flour, and a little lemon-rind. At the last moment stir in a pinch of baking powder. Half fill buttered cups with the batter, and bake in a well-heated oven. Turn out the puddings and serve on a dish with some wine sauce poured round. Time to bake, about twenty minutes.

Carrot Pudding, Baked or Boiled.—Boil some large carrots until they are tender, pass them through a sieve, and mix one pound of the pulp with half a pound of finely-grated bread-crumbs, six ounees of finely-ehopped suet, and a quarter of a pound each of stoned raisins, washed currants, and brown sugar. Mix these ingredients well together, and add a little grated nutmeg, a large pinch of salt, and three eggs well beaten, together with as much new milk as will make a thick batter. If baked, put the mixture into a buttered pie-dish, and bake it in a moderate oven; if boiled, put it in a well-oiled mould or a basin, tie it in a cloth, and boil or steam it. Serve with sweet sauce. Time to bake, one hour and a half; to boil, three hours. Sufficient for six persons.

Cassell Pudding.—Take the weight of a large egg in powdered sugar, butter and flour. Whisk the egg thoroughly, gradually mix with it the sugar, which must be rubbed well on the rind of a lemon before it is pounded, then the flour, and the butter partially melted; add a pinch of salt. Now well oil some cups, put a little

apricot or other jam at the bottom of each, and fill them three-parts with the mixture. Bake immediately in a good oven. Turn the puddings out, and serve them with wine sauce. Time to bake, half an hour. Allow one for each person.

Chancellor Pudding.—Butter rather thickly a plain round mould or pudding-basin, and ornament it with alternate rows of raisins and citron, making a star or some other device at the bottom of the mould. Put in it a layer of small sponge-cakes, then sprinkle over them a few raisins and a little finely-chopped citron, then four or five ratafias, and pour over these a teaspoonful of sherry, and repeat until the mould is nearly full. Take now a pint of milk sweetened, and flavoured with lemon-rind, and mix with it the yolks of four eggs, well beaten. Stir this a few minutes over the fire till it thickens, but it must not be allowed to boil. When it is time to steam the pudding, pour the custard, which must be cold, gradually over the cakes. Place a piece of well-buttered writing paper on the top, put it in a saucepan, and either boil or steam it very gently indeed, until sufficiently cooked. It should stand four or five minutes before it is turned out. Serve with wine sauce. Time to boil or to steam, one hour and a half. Sufficient for four or five persons.

Cheltenham Pudding.—Chop six ounces of suet very finely, add six ounces of flour, a pinch of salt, and a heaped teaspoonful of baking powder, two ounces of bread-crumbs, three ounces of raisins, three ounces of currants, two tablespoonfuls of sugar, and half a nutmeg grated. Mix these ingredients well together, and stir into the mixture two well-beaten eggs and sufficient new milk to make it into a stiff smooth batter. Pour it into a buttered dish and bake in a good oven. Turn it out when sufficiently cooked, and serve with wine or brandy sauce. Time to bake, one hour and a half. Sufficient for five or six persons.

Cherry Pudding, Baked.—Wash and stone the cherries, put a layer of them at the bottom of a well-buttered pie-dish, and strew over them a little sifted sugar and a small quantity of finely-chopped lemon-rind; lay over these some thin bread and butter, and repeat the layers until the dish is full, finishing with cherries strewn over with sugar; pour a large cupful of water over the whole, and bake in a good oven. This pudding may be made with dried or preserved cherries, when, instead of water, a little custard may be used to moisten the bread. The kernels of the cherries, too, may be blanched and sliced, and used instead of lemon-rind. Time to bake, three-quarters of an hour. A pudding made with two pounds of cherries will serve for five or six persons.

Cherry Pudding, Boiled.—Make some good suet crust, line a plain round buttered basin with it, leaving a little over the rim; fill it with cherries, washed and picked, add a little sugar and some finely-chopped lemon-rind, wet the edges of the paste, lay a cover over the pudding, and press the edges closely round. Tie a floured cloth over the pudding, and plunge it into a saucepan of boiling water, which must be kept boiling, or the pudding will become heavy. Before turning it out, dip the basin into cold water for a moment. Serve with sifted sugar. A small pudding will require about two hours to boil. If the cherries are not fully ripe, a longer time must be allowed. Sufficient for four or five persons.

Chester Pudding. — Whisk the yolks of two eggs, and mix them with a tablespoonful of finely-sifted sugar, half a dozen sweet and half a dozen bitter almonds, blanched and pounded, the finely-minced rind and juice of half a lemon, and a piece of butter about the size of an egg. Stir these over a moderate fire for a few minutes, then pour the mixture into a small buttered pie-dish lined with good puff paste. Put it into the oven, and, while it is baking, whisk the unused whites of the eggs to a firm froth. When the pudding is very nearly ready, cover it with the froth, sift sugar thickly over it, and stiffen it a few minutes in the oven without letting it brown. Time to bake, twenty minutes; five minutes to set the white of egg. Sufficient for one person.

Chestnut Pudding. — Take some chestnuts, and make a little incision in the skin of each one, throw them into boiling water, and let them remain until tender. Remove the shells and skins, dry them in the oven, and afterwards pound them to powder. Mix half a pound of this powder with six ounces of butter beaten to a cream, two tablespoonfuls of sifted sugar, a dozen drops of the essence of vanilla, a breakfast-cupful of milk, and six well-beaten eggs. Stir these well together, then pour the mixture into a well-buttered mould, place a piece of buttered writing-paper over the top, and steam for an hour and a half, or, if preferred, bake in a good oven. Serve with wine sauce. Sufficient for four or five persons.

Chichester Pudding. — Rub the rind of half a lemon upon a quarter of a pound of loaf sugar, powder this, and mix it with a crumbled roll and a quarter of a pound of butter. Add the well-beaten yolks of four eggs, and a dessertspoonful of lemon-juice. After mixing the ingredients thoroughly, add the whites of two of the eggs beaten to a firm froth. Stir the mixture over the fire to a thin batter, then pour it into a well-buttered pie-dish, and bake in a good oven. Time to bake, about half an hour. Sufficient for three persons.

Chocolate Pudding. — Boil half a pound of grated chocolate in one-third of a pint of milk for ten minutes. Stir in when hot an ounce of butter and an ounce and a half of sugar, and when cool add the yolks of two eggs. Beat the whites of the eggs to a froth, and break them in lightly just before steaming the pudding. Butter the inside of a mould with the fingers, and sprinkle two ounces of powdered rusks upon the butter. Put in the chocolate, lay a buttered paper on the top of the pudding, and steam it for an hour and a quarter. Turn out carefully, and serve with a pint of good custard round the pudding. A few drops of essence of vanilla will be found a great improvement whenever chocolate is used in puddings.

Christmas Plum Pudding. —Take some stale crumb of bread, and rub it through a wire sieve until there are three-quarters of a pound of bread-crumbs; put these into a bowl with a quarter of a pound of flour and a teaspoonful of salt, add three-quarters of a pound of the chopped suet, and also a pound and a half of muscatel raisins, half a pound of currants, picked and dried, six ounces of candied peel (orange, citron, and lemon mixed), six or eight bitter almonds blanched and pounded, and a tablespoonful of moist sugar. Prepare the raisins by cutting each one in halves and removing the pips, and the candied peel by slicing it very thinly. Mix these dry ingredients thoroughly. Whisk eight good eggs well, stir them into the pudding, and add a wineglassful of brandy. A little

milk may be put in also if required, but the pudding should be barely moistened, or it will be heavy. Take a new stout pudding-eloth that has been boiled in water; wring it dry, flour it, and tie the pudding securely in it, leaving room for it to swell. Plunge the pudding into boiling water, and keep plenty of water boiling round it for eight hours. When it is neeessary to add water, take eare that it is boiling. After taking up the pudding, hang it in the eloth in whieh it was boiled. Before use boil it for a couple of hours till hot through. It should stand five minutes after being taken out of the water before it is turned out.

For further recipes *see* p. 271, and Plum Puddings, p. 288.

Christmas Plum Pudding (for Children).—Chop finely three-quarters of a pound of beef suet, and add to it a pineh of salt, one pound and a half of bread-erumbs, half a pound of flour, three-quarters of a pound of museatel raisins (these ean be purehased loose, not in bunehes; they are then almost as eheap as the ordinary pudding raisins, and the flavour is very superior), three-quarters of a pound of currants, pieked and dried, two ounces of eandied lemon and eitron together, and half a large nutmeg. Mix these thoroughly, then add four eggs and milk enough to moisten it, but not too much, or the pudding will be heavy. Tie it in a pudding-cloth well floured, and boil for five or six hours. Suffieient for eight or ten children.

Christmas Pudding, Economical and Good.—Chop very finely a quarter of a pound of beef suet, add a quarter of a pound of flour and a quarter of a pound of finely-grated bread-erumbs, six ounees of currants, picked and dried, six ounees of stoned raisins, two tablespoonfuls of brown sugar, a quarter of a pound of mashed earrot and the same of mashed potatoes, an ounce of ehopped candied lemon and an ounce of fresh lemon-rind, salt to taste, and two tablespoonfuls of treaele. Mix these ingredients well together, tie loosely in a floured eloth, boil for four hours, and serve with brandy sauee. If possible, let this pudding be made a few hours before it is wanted. Suffieient for half a dozen persons.

Christmas Pudding, Teetotaler's, Small.—Take one pound of finely-grated bread-erumbs, pour over them a eupful of new milk, and let them soak until the milk is quite absorbed, then add a quarter of a pound of moist sugar, half a pound of finely-chopped beef-suet, half a pound of museatel raisins, half a nutmeg grated, and half of the thin rind of a lemon ehopped small. Mix all well together, then add four well-beaten eggs, and boil at least five hours. Serve with good melted butter, mixed with a little sugar, and, if liked, the juice of a lemon. Suffieient for four or five persons.

Citron Pudding.—Mix two tablespoonfuls of flour very smoothly with the beaten yolks of six eggs. Add very gradually one pint of new milk or cream, a quarter of a pound of eitron chopped small, and two tablespoonfuls of sugar. Mix thoroughly, pour the batter into well-buttered eups, and bake in a quick oven. Time to bake, about half an hour, or till set. Suffieient for six persons.

Citron and Almond Pudding.—This pudding is made in the same way as the preeeding one, with the addition of a dozen sweet almonds blanched and pounded. In both eases, if it is not wished to have a rich pudding, a smaller number of eggs may be used.

Clarendon Pudding.—Pour a large breakfast-eupful of boiling milk upon three tablespoonfuls of

sifted sugar and the thin rind of a lemon. Let it stand until it cools; take out the lemon-rind, then stir it gradually into four well-beaten eggs. Remove the crust from two French rolls, cut them into slices, and butter each slice thickly upon both sides. Butter a plain round mould, stick some raisins on the inside in lines, and fill the mould with layers of rolls, raisins, and custard. Soak for an hour, then cover the pudding with a floured cloth and boil or steam it. Time to boil or steam, one hour and a half. Sufficient for four or five persons.

Cleton Pudding.—Put a pint of new milk into a saucepan with the thin rind of half a lemon. Add, while cold, a quarter of a pound of ground rice, and stir with the milk over the fire until it thickens; remove the lemon-rind, and stir into the liquid a piece of butter about the size of an egg, then pour it into a bowl to cool. Whisk four eggs thoroughly, and add them to the pudding, together with two tablespoonfuls of sifted sugar, a wineglassful of brandy, and twelve sweet almonds blanched and pounded. Butter a pie-dish rather thickly, pour the mixture in, and lay two or three thin slices of candied citron on the top of the pudding. Bake in a good oven for half an hour. Sufficient for four or five persons.

Coburg Pudding.—Mix half a pound of fine flour very smoothly with a little water, and add gradually one pint of new milk, four ounces of butter, half a pound of currants, three tablespoonfuls of sugar, six well-beaten eggs, a quarter of a nutmeg grated, and a tablespoonful of brandy. Mix thoroughly, pour the mixture into some well-buttered cups, and bake in a good oven. Time to bake, half an hour. Sufficient for six or eight persons.

Cocoa-nut Pudding. — Take one breakfast-cupful of grated cocoa-nut, pour upon it a pint of boiling milk, let it soak for awhile; put it in a saucepan, bring it again to the boil, and add rather less than a pint of cold milk and a tablespoonful of corn-flour mixed to a smooth paste with a quarter of a gill of milk. Stir the mixture and let it boil again. Pour it out, and when cool add three well-beaten eggs and sugar to taste. Pour into a buttered dish, and bake in a moderate oven for about three-quarters of an hour. If fresh cocoa-nut is used the milk of the nut may be added to the pudding when it is cool.

College Puddings.—Chop six ounces of beef suet very finely, and mix with it six ounces of well-washed currants, six ounces of sifted sugar, half a pound of finely-grated bread-crumbs, three tablespoonfuls of sugar, a dessertspoonful of grated lemon-rind, half a nutmeg grated, three eggs well beaten, and two tablespoonfuls of brandy. Form the mixture into little puddings about the size and shape of a large duck's egg. Roll them in a little flour, and fry them, till lightly browned, in plenty of lard or butter over a clear but not too strong a fire. Drain them from the fat, and serve them, piled high on a hot napkin, with wine sauce. Time to fry, from twenty to thirty minutes. Sufficient for eight puddings. The brandy is an improvement, but is not absolutely essential.

College Pudding, Baked.—Blanch and pound four ounces of sweet and half a dozen bitter almonds. Mix them with six tablespoonfuls of sifted sugar, and a quarter of a pound of butter. Beat all well together, then add the yolks of six and the whites of three eggs, and a wineglassful of brandy. When well beaten, pour the mixture into a pie-dish over a layer, about an inch thick, of apricot or any other jam. Bake in a good oven. If preferred, the dish may be lined with a good

puff paste before laying in the jam. Time to bake, one hour and a half. Sufficient for four or five persons.

Conservative Pudding. — Take two ounces each of ratafias and macaroons, and four ounces of sliced sponge cake, put them into a basin, and pour over them half a pint of boiling cream. Let them soak for half an hour, then beat them well with a fork, adding gradually the yolks of six eggs well beaten, a wineglassful of brandy, and a tablespoonful of sifted sugar. Butter a plain mould, and ornament it with dried cherries, or any tasteful device, pour in the mixture, cover it with buttered paper, tie it in a cloth, and steam it until it is firm in the centre. Turn it out upon a hot dish, and pour round, not on it, some sweet sauce.

Corn Puddings, American. —Put into a saucepan one pint of milk, the thin rind of half a lemon, and a tablespoonful of sugar; let it boil, take out the lemon-rind, and stir into it by degrees four tablespoonfuls of Indian-corn flour. Keep on stirring it for ten minutes or more, then turn it out and let it cool. When quite cold, add three well-beaten eggs, put the batter into buttered cups, allow room for rising, and bake in a good oven. Time to bake, half an hour. Sufficient for four or five persons.

Corn-flour Blancmange. — Measure one pint of milk; put two ounces of corn-flour into a basin, and mix it smoothly with a little of the cold milk. Put what is left of the milk, with an ounce of sugar, into a saucepan, and make it hot without letting it boil. Mix the corn-flour with it, and stir it well till it thickens, and five minutes afterwards put two or three drops of essence of almond or vanilla with the corn-flour; turn it into a damp mould, and put it into a cool place till wanted. Serve it upon a glass dish, and garnish it with jam or with a compôte of fresh fruit. If the mould is flavoured with lemon, lemon syrup coloured with cochineal may be poured round it.

Corn-flour Pudding, Baked. —Add three and a half ounces of corn-flour to one quart of milk; boil for eight minutes, stirring it briskly all the time. Allow it to cool, and then mix thoroughly with it two eggs well beaten, and three tablespoonfuls of sugar. Flavour with lemon, vanilla, nutmeg, or almond, &c., and bake for half an hour in a moderate oven, or brown it before the fire.

Corn-flour Soufflé Pudding. —Put six ounces of corn-flour into a saucepan, with eight ounces of pounded sugar, and mix both together with a quart of milk. Add four ounces of fresh butter, a pinch of salt, and a few drops of essence of vanilla. Stir briskly until it boils, and then work in vigorously the beaten yolks of six eggs. Whisk the whites of the eggs to a firm froth, and incorporate them lightly with the batter, which must then be poured into a slightly-buttered pie-dish, and baked in a moderate oven for about half an hour. Sprinkle the top with powdered sugar, and send to table very quickly.

Corn-flour Custard Pudding.—Mix three ounces of corn-flour with one quart of sweet milk, one or two eggs well beaten, a little butter, and four tablespoonfuls of sugar. Flavour with lemon, almond, vanilla, or nutmeg, &c., and boil for eight minutes. Pour it into a pie-dish, and brown it before the fire. This is an excellent dish.

Corn-flour Fruit Pudding. —Prepare a batter as for corn-flour blancmange, boil it until smooth, and let it get cold. Fill a dish with about two pounds of any kind of good ripe fruit; stew these till soft with sugar,

and when cold place the corn-flour in the middle of a dish, and pour the fruit over and round it. Peeled and cored apples or pears may be used for the same purpose.

Cottage Pudding.—(To use up crusts of bread.)—Pour a kettleful of boiling water upon some pieces of stale bread, let them soak till quite soft, drain off the water, and beat them well with a fork. Take out any hard lumps that will not soften, and add a large lump of butter or dripping, or some finely-chopped suet, some moist sugar, a handful of currants, and a little grated nutmeg. Put the mixture into a well-buttered pie-dish, and bake in a good oven. A little jam may be eaten with this pudding, which is generally a favourite with children. Time to bake one hour and a half to two hours.

Cottage Bread Pudding.—Take any crusts of bread that may have been left, and be sure that they are perfectly clean. Put them into a saucepan with a pint and a half of milk to one pound of bread. Simmer very gently, and when the bread is quite soft, take it from the fire and beat it well with a fork. Add two tablespoonfuls of sugar, half a nutmeg grated, a couple of ounces of finely-chopped suet, or a piece of unsalted dripping the size of a large egg, three eggs well beaten, and a handful of picked currants. Put the mixture into a well-buttered pie-dish, and bake three-quarters of an hour. Sufficient for six persons.

Cottage Plum Pudding.—Chop very finely six ounces of beef suet, free from skin and sinew. Put it into a bowl, and mix with it a pinch of salt, a quarter of a pound of currants, picked and dried, a quarter of a pound of chopped raisins, two teaspoonfuls of baking-powder, six ounces of flour, two ounces of stale bread that has been rubbed through a wire sieve, half a nutmeg grated, and three ounces of moist sugar. Mix the ingredients thoroughly, then make them into a stiff paste with two well-beaten eggs and a little milk. Wring a cloth out of boiling water, flour it well, turn the pudding into it, tie it securely, and leave room for swelling; plunge it into boiling water, and keep boiling for four hours. Half these quantities will be sufficient for a small family.

Cottage Plum Pudding (another way).—Mix thoroughly one pint of flour, half a pint of sugar, a quarter of a pound of fresh butter, two teaspoonfuls of cream of tartar, one teaspoonful of soda, two ounces of currants, and two ounces of stoned raisins. Work the ingredients into a light paste with two well-beaten eggs and half a pint of milk. Pour the pudding into a well-buttered mould, and bake it in a brisk oven. This pudding may be eaten cold as plain cake. Time to bake, about three-quarters of an hour. Sufficient for four or five persons.

Cottage Potato Pudding.—Peel and boil two pounds of potatoes. Mash them, and beat them to a smooth paste, with a breakfast-cupful of milk, two tablespoonfuls of sugar, and two well-beaten eggs. Add a handful of stoned and picked raisins, put the mixture into a well-greased pie-dish, and bake it for nearly an hour. If the milk is left out, and a quarter of a pound of butter substituted, it will make a nice cake. Sufficient for six persons.

Counsellor's Pudding.—Butter the inside of a mould thickly; stick the inside all over as regularly as possible with dried cherries or raisins halved and stoned; at the bottom, place in order a few macaroons and ratafias. Then line the sides with slices of sponge-cake, and

fill the remaining space three-quarters full with sponge-cake, sponge biscuits, and bits of rich plum cake. If the latter are not at hand, a few washed currants may be sprinkled amongst the cakes. Make a mixture, half milk half eggs, as much as will soak the cake and fill the mould; flavour with orange-flower water and sugar, or a glass of liqueur, as noyeau, &c. When the soaking is complete and the mould quite full, cover the top with buttered paper, tie it down closely with a cloth, and boil it for an hour. When turned out of the mould upon a dish, pour round the pudding a sauce made of rich melted butter, sweetened with sugar, coloured pink with fruit syrup, and flavoured with a glass of the same liqueur that was used for the pudding. Sufficient for half a dozen persons.

Cream Pudding, Rich.—Put the thin rind of a lemon into a pint of cream, bring it slowly to a boil, and pour it over the finely-grated crumbs of a French roll. Let it stand to soak, then beat it well with a fork, and add two tablespoonfuls of sugar, a pinch of salt, one or two drops of almond flavouring, a tablespoonful of brandy, and the yolks of six eggs well beaten. Bake in a buttered dish, and serve with wine sauce. Time to bake, half an hour. Sufficient for four or five persons.

Crumpet and Muffin Pudding.—Butter a plain round mould, and place in it alternately two muffins and three crumpets. Split open the muffins and put a little red currant jelly in each. Pour over them a light batter, cover the mould closely, and boil or steam for an hour and a half. Sufficient for five persons.

Cup Puddings. — Beat four ounces of butter to a cream; mix smoothly with it four ounces of fine flour, four tablespoonfuls of milk, a small pinch of salt, four ounces of picked and dried currants, and four ounces of finely-sifted sugar; beat all well together; butter seven or eight cups or small basins; a little more than half fill them, and bake them in a good oven. Turn them out, and serve with wine sauce, or a little jam. Time to bake, half an hour. Allow one for each person.

Curate's Pudding.—Put a pint of new milk into a saucepan, with the thin rind of a large lemon, a small pinch of salt, a piece of butter the size of a walnut, and a heaped tablespoonful of sugar. Let it stand by the side of the fire until the flavour of the lemon is extracted, and the butter dissolved. Put it aside to cool. Whisk the yolks of four and the whites of two eggs, mix with them a pound of boiled potatoes which have been rubbed through a sieve, add the milk, &c., and pour into buttered cups. The cups must not be much more than half filled. Turn out, and serve with wine sauce. Time to bake, about half an hour. Allow one for each person.

Curd Pudding.—Turn a quart of milk with a little rennet; drain off the whey, and mix the curd with two ounces of butter beaten to a cream, three tablespoonfuls of finely-grated bread-crumbs, two tablespoonfuls of sifted sugar, a tablespoonful of new milk, a couple of fresh eggs, and a glass of white wine. Butter some plain round moulds, rather more than half fill them with the mixture, and bake them in a good oven for about twenty minutes. Turn them out, sift a little sugar over them, stick a few sliced and blanched almonds in them, and serve with some good sweet or wine sauce. Sufficient for four or five persons.

Currant Dumplings.—Make the mixture as for currant pudding. Divide it into pieces the size of an egg, and without laying them in a

eloth drop them into fast-boiling water. Boil quickly for about half an hour, and move them about at first to keep them from stieking to the bottom. Sift sugar over and serve with lemon-juiee. Of course, if preferred, the mixture ean be boiled all together in a eloth, but in that ease it will need to boil mueh longer, and becomes

Currant Pudding. — Proeeed exactly as in making suet puddings (*see* SUET PUDDINGS), with the exeeption of mixing a quarter of a pound of dried eurrants to every half pound of flour. Piek the eurrants free from the stalks.

Currant Pudding, Black, Red, or White. — (*See* HYDROPATHIC PUDDING.)

Custard Baked in a Crust.— Line a pie-dish with a good erust, and put it in the oven until it is three-parts eooked. Make a eustard, using milk, but do not put quite so large a proportion of milk as is generally used to ensure its being quite stiff. Bake it gently, and when the eustard is set it is done enough. Keep it in a eool plaee. Time, three-quarters of an hour.

Custard, Boiled.—Simmer in a well-lined saueepan a pint eaeh of milk and eream, with a few bay-leaves, and the thin rind of half a lemon. Strain the liquid for half an hour, and put it on again with three ounees of sugar. Beat well the yolks of six eggs, and add them gradually to the milk, stirring it earefully and steadily until it thiekens. It must not boil or it will eurdle. Pour it into a large jug, and keep stirring it until it has cooled a little. Fill eups, grate some nutmeg over the top, and serve.

Dame Jane's Pudding.— Beat the yolks of eight eggs and the whites of five with a quarter of a pound of powdered white sugar. Melt four ounees of butter—by standing the basin in hot water—with half a pint of eream. When eool stir in four ounees of flour, mix till smooth, and add a little more eream and the beaten eggs. Beat all well together, and bake in buttered eups. A few well-washed eurrants may be laid in the bottoms of the eups if desired. Time, twenty minutes to bake. Sufficient for ten or twelve puddings.

Damkorf Pudding. — Stiek raisins inside a mould or basin, making any pattern with them that fancy may dietate (the basin must be thoroughly well buttered and then floured, or the raisins will not adhere). Sprinkle finely-prepared erumbs from a French roll over the raisins, and then plaee thinly-slieed citron uniformly with the fruit. Pour a glass of brandy slowly over all, and another of sherry ; do this gently that the arrangement of fruit, &c., may not be disturbed. Add four well-beaten eggs and a pint of milk sweetened to taste, and let the basin remain unmoved for an hour, then tie down seeurely with a eloth and boil one hour.

Damson Pudding.—Shred up very finely four ounces of good beef suet, and rub it well into half a pound of flour. Use as mueh water as will make a smooth firm paste, then line a well-buttered basin, and eut a eover for the top. Fill with the damsons, and sweeten to taste. Tie a floured eloth firmly over the top, and boil steadily two and a half to three hours. A mixture of apples and damsons do well together. Suffieient for six or seven persons.

Delaville Pudding.—Take of eandied peel, orange, citron, and lemon eaeh one ounce, sliee them very finely, and eover the bottom of a dish, which should be lined with a rich puff-paste. Put six ounees of good butter into a clean saueepan,

and beat into it the same quantity of finely-sifted sugar, stir it over a slow fire, adding gradually the yolks of four well-beaten eggs. When ready to boil, pour the mixture into the pie-dish over the candied peel, and bake slowly. Time, three-quarters of an hour to bake. Sufficient for three or four persons.

Delaware Pudding.—Make a good suet crust in the proportion of one pound of flour to half a pound of suet. Prepare four large apples, take out the cores, and divide them into slices; put these into a lined saucepan with two large tablespoonfuls of sugar, a teaspoonful of minced lemon-peel, and a little grated nutmeg. When slightly pulped, roll out the paste thin, cover it to within an inch of the margin with the apples, and strew some currants on it, then roll up the pudding in a floured cloth, securing the ends properly, and boil for about two hours. Sufficient for four or five persons.

Deptford Pudding.—Beat the yolks of five eggs and the whites of three in separate basins. Put a quart of new milk into an enamelled saucepan, and stir into it, as soon as it boils, six ounces of bread-crumbs, and the rind of a lemon grated. Sweeten to taste, and add to it six ounces of dissolved butter and the egg mixture, yolks and whites. Have ready a pie-dish, line it with puff paste, and put some marmalade at the bottom. Bake in a moderate oven. Time, one hour to bake. Sufficient for eight persons.

Devonian Pudding.—Put a pint of milk into a saucepan, and stir into it gradually two tablespoonfuls of fine flour until it boils. When it thickens slightly, pour it into a basin to cool. Mix in a separate dish the whites of two eggs and the yolks of four well beaten, the rind of a small lemon grated, eight ounces of sugar, and three ounces of butter previously beaten to a cream. Blend this thoroughly with the mixture of milk and flour. Pour into a well-buttered pie-dish, round which has been placed an edging of puff paste, and bake in a quick oven for twenty-five minutes. When ready, dust pounded sugar over it, and serve hot. It may also be used cold.

Devonshire Brandy Pudding.—Take the remains of a cold plum pudding, cut it into long strips half an inch thick, and steep them in brandy or rum for a few minutes. Fill a buttered mould, crossing them neatly and uniformly one over the other. Prepare a custard of five eggs, a pint of milk, and a flavouring of lemon and nutmeg; pour as much of this into the mould as will quite fill it, and send the remainder to table poured over the pudding. A floured cloth must be tied over the mould, and it should be kept boiling for one hour. Sufficient for four or five persons.

Duke of Norfolk's Pudding.—Take six eggs, separate the yolks from the whites, beat up the yolks with a glassful of brandy, and flavour well with nutmeg and sugar. Boil a large cupful of the best Carolina rice in a pint of cheap cooking sherry for half an hour; add one dozen ratafia cakes and the egg mixture, and beat all together. Have ready a dish lined with puff paste, and bake slowly for three-quarters of an hour. This quantity is sufficient for five or six persons.

Duke of Northumberland's Pudding.—Take of bread-crumbs, currants, and finely-shred suet, each six ounces; of candied peel, mixed, one ounce. Beat up six eggs, leaving out the whites of two; add six ounces of sugar, a pinch of salt, half a grated nutmeg, and the whole of

the rind of a lemon, also grated. When these ingredients are thoroughly blended and beaten, butter a mould or basin, and boil the pudding three hours. Serve with a sauce as follows :—Into about a quarter of a pint of melted butter pour a glass of brandy or sherry, and the juice of a lemon, and add two ounces of loaf sugar, on which the rind of the lemon has been rubbed off. Stir the sauce when well mixed over the fire, and send hot to table. Sufficient for five or six persons.

Dumplings, Half-hour.—Chop very finely half a pound of beef suet, and prepare the same weight of bread-crumbs, with the addition of one tablespoonful of flour, three ounces of currants, two ounces of sugar, a little lemon-peel and grated nutmeg, with three well-beaten eggs to moisten. Roll the dough into balls, tie them separately in small cloths, and boil very quickly. Serve with melted butter, sweetened, poured over them. Time, half an hour to boil. Sufficient for eight or ten dumplings.

Dumplings, Plain.—Take one pound of light dough, made as for bread, and roll it into small round balls, as large as an egg. Drop them into a saucepan of fast-boiling water, first flattening them with the hand. Care should be taken to keep the water boiling, and to serve quickly when done, or they will be heavy. If the dough be mixed with milk, instead of water, the dumplings will be more delicate. They may be sent to table as an accompaniment to meat, or eaten with a sweet sauce. Time, twenty minutes to boil. Sufficient for twelve dumplings.

Dumplings, Steamed.—Get the ordinary dough at the baker's, and instead of boiling, steam over a saucepan of boiling water. The dumplings will take longer to steam than to boil, but they will present a better appearance, being smooth and dry on the outside, than boiled ones. Care must be taken that the water does not stop boiling until they are done, and that they are served quickly. Meat gravy, or melted butter as a sauce. Time, half an hour to steam.

Elegant Economist's Pudding.—Cut the remains of any plum pudding into neat slices and lay them in a buttered pie-dish, pressing them down to make them adhere. Make as much custard as will fill the dish; let it go cold. Pour it upon the pudding; cover the top with thin slices of pudding, and bake in a gentle oven. When the custard is set the pudding is done enough. It will take from half an hour to an hour, according to its size. The custard may be plain or rich, according to taste.

Empress Pudding.—Take equal quantities of powdered sugar and butter, about six ounces of each. Beat the butter to cream, mix four well-beaten yolks of eggs with it; add the sugar, and when the whole is well mixed, throw in by degrees six ounces of flour, and beat all thoroughly together. Bake in a brisk oven in small cups; only half fill them, as the batter will rise to the top in baking. Serve with sweet sauce flavoured with cinnamon. Time, twenty minutes to bake. Sufficient for seven or eight persons.

Erechtheum Pudding.—Put one pint of fresh milk into a basin, and add to it two tablespoonfuls of fine sugar, a pinch of salt, and half a dozen drops of essence of ratafia or almonds. Beat six new-laid eggs two or three minutes, then mix them with the milk in the basin. Put the mixture into a well-buttered

mould, and place this in a stewpan containing boiling water. Let the water boil gently, and do not let it reach higher than half up the mould. As soon as the pudding is set and firm in the centre it is done. Serve, turned out of the mould, with a sauce made as follows:—Put two eggs, a dessertspoonful of powdered sugar, and two drops of ratafia or essence of almonds in a stewpan; warm *slightly* —less than half a minute will do this; then whisk to a firm froth, and pour it over the pudding. Sufficient for two or three persons.

Erfurt, or German Puddings.—This is a favourite sweet dish in Germany, and only requires a little care to be successfully made. Prepare as follows:—Make a batter of one pound of flour, three full dessertspoonfuls of yeast, and a third of a pint of warm milk. Set it to rise before the fire, but not too near, or it will be heavy. After it has well risen, knead it into a dough, with a quarter of a pound of good fresh butter, two ounces of finely-sifted sugar, five eggs, a pinch of salt, and a little more warm milk. These ingredients should be first mixed with the milk, and then worked into the dough, and all should be well beaten till quite smooth. Set the mixture once more near the fire to rise, and when fit, make it into little round balls; sprinkle each ball with powdered sugar, and put them into a stewpan with a large piece of butter, and enough milk to cover them. When the milk gets hot the balls will swell, so plenty of space must be given, and on no account should they touch each other. When about twice their original size, put them into an oven to brown; a few minutes will be sufficient. They may be sent to table with jam as a garnish, or served on a napkin, and with a tureen of hot custard, flavoured with rum as an accompaniment. Time, three-quarters of an hour for the sponge to rise; to stew, fifteen minutes; and to bake, five to ten. Suffieient for eight or nine persons.

Eve's Puddings.—Take equal quantities of flour, fresh butter, and sugar, six ounces of each; beat the butter to cream, and beat the sugar and flour into it. Separate the yolks from the whites of four eggs, beat them till they are light, and add the yolks first, then the whites, to the batter, and lastly, half a dozen pounded almonds, and the grated rind of a small lemon. Beat well, and fill small cups to about half; then set before the fire to rise. In five minutes they will have sufficiently risen, and may be baked for half an hour.

Exeter Pudding.—Beat up seven eggs with six ounces of moist sugar and a quarter of a pint of rum. Take ten ounces of bread-crumbs, seven ounces of finely chopped suet, and four ounces of sago; add them gradually to the egg-mixture, with the rind of a small lemon grated. Beat all together, and when ready, butter a pudding-mould, cover the bottom of it with ratafias, and then throw in some of the mixture. Next, lay in slices of spongecake well spread with jam, and again the ratafias, filling up alternately with the mixture and slices of spongecake, but finishing with the mixture on the top. Bake in a rather quick oven. Make a sauce with a quarter of a pound of black currant jelly, warmed up with a couple of glasses of sherry. Throw it warm over the pudding when turned out of the mould, and serve hot. Time, an hour and a quarter to bake. Sufficient for seven or eight persons.

Fat or Marrow Pudding.—Rub stale bread through a wire sieve to make half a pint of fine crumbs.

Pour upon these a pint and a half of boiling milk, soak a while, then add, whilst still hot, four ounces of beef marrow, four ounces of raisins, sugar and nutmeg to taste. Beat the mixture till the fat is melted, stir in four eggs, put the pudding into a buttered mould, and boil it for three hours.

Fig Pudding.—Cut the figs into thin slices and chop them finely. Chop finely a quarter of a pound of suet and two ounces of apples, weighed after being peeled and cored; rub a quarter of a pound of stale bread through a wire sieve; grate as much ginger as would fill a saltspoon, and as much nutmeg as would thinly cover a threepenny-piece. Put a quarter of a pound of flour into a bowl, mix the ingredients already mentioned thoroughly with it, and add a pinch of salt, a teaspoonful of baking powder, and two ounces of sugar. Beat up an egg, and mix about half a pint of milk with it; stir it, and make the mixture a stiff batter. Turn the pudding into a greased mould that it will quite fill. Cover it with a cloth wrung out of boiling water and floured, and plunge it into plenty of fast boiling water. Keep it boiling gently for four hours. If the water boils away, add more boiling. Turn it upon a hot dish, and send sweet sauce to table with it.

Flame Pudding.—Beat two ounces of butter to a cream, and stir into it equal quantities of flour and finely-sifted sugar, about two ounces of each. Add the beaten yolks of five eggs, and the whites whisked to a stiff froth. Thicken the whole with the crumbs of a stale sponge-cake, and mix well. The addition of a little grated lemon-peel, or an ounce and a half of pounded almonds, is a great improvement. Steam in a buttered mould, and serve immediately, or the pudding will fall. A small glass of brandy or rum should be put in the middle, and some should be thrown over the sides of the pudding. Serve directly the brandy is lit. The pudding is sufficiently cooked when it is firm in the centre. Sufficient for five or six persons.

Flour Pudding.—Take one quart of new milk, eight yolks and four whites of eggs. Beat the eggs with part of the milk, into which stir four large spoonfuls of flour; add the rest of the milk, and flavour with nutmeg, essence of ratafia, and sugar to taste. Mix well, and boil one hour in a buttered basin. Sufficient for two puddings.

Flour Pudding, Hasty.—Make a smooth batter with two ounces of fine flour and a pint of milk. Boil it in a clean saucepan over a slow fire until quite thick; add sugar to sweeten, half an ounce of butter, a few drops of the essence of ratafia or almond, and a little grated nutmeg. Let it stay till cold; then beat into the batter three eggs, and bake in a dish lined or not with thin paste. A layer of marmalade, or any other preserve, on the paste at the bottom of the dish is much approved of; or the pudding may be eaten simply boiled as above, and served hot with cold butter, sugar, and nutmeg. Time to bake, half an hour. Sufficient for two or three persons.

Folkestone Pudding Pies.—Put two laurel-leaves and the peel of a small lemon in half a pint of milk in a stewpan, over a slow fire, to extract the flavour of the laurel and lemon. Mix three ounces of ground rice in another half-pint of milk, which add to the flavoured milk, the latter being first strained. Boil, stirring all the time, for a quarter of an hour. Remove the mixture from the fire, and have ready six well-beaten eggs, three ounces of butter, and a quarter of a pound of sugar; beat all together first, and stir into

the rice mixture till thoroughly blended. Fill pattypans lined with puff paste, and strew currants lightly over each. Bake in a moderate oven.

French Pudding.—Mix six ounces of marrow, two ounces each of flour, bread-crumbs, chopped apples, dried cherries, and candied peel, three ounces of sugar, half an ounce of powdered ginger, and the grated rind of a lemon. Moisten with four eggs and a gill of cream, and boil three hours in a basin. Turn it out and serve.

French Plum Pudding.—Put half a pound of flour into a basin with about a saltspoonful of salt; beat up separately four yolks and two whites of eggs; stir the yolks, with half a pint of cream, into the flour. Boil one pound of good French plums; put boiling water on them, and continue to simmer till the stones will come out easily. Remove the stones, drain off the moisture from the fruit, and stir it and also the frothed whites of eggs, into the batter. Do not boil in a basin; the pudding is best in a floured cloth, which should not be tied too closely, as the contents will swell in boiling. Time, two hours to boil. Sufficient for four or five persons.

Fruit Puddings.—Butter a mould or basin, and line it with a suet crust; three-quarters of a pound of flour, with four ounces of suet, will do for this purpose. Fill with fruit, and put in sugar, with a little water if the fruit requires it. Add a cover of paste, and press the edges closely together. Tie down with a floured cloth, and put into boiling water. Some persons prefer to boil a fruit pudding in a cloth, and for some fruits—those without much juice—this answers very well. Dip the cloth into hot water; and the better to form the pudding, stretch the cloth in a basin, lay the paste over, and fill with fruit. Time to boil, one hour and a half. Sufficient for five or six persons.

Fun Pudding.—Mix a couple of spoonfuls of arrowroot with half a pint of milk and the same of cream. Put it into a stewpan with sugar to sweeten. Stir until it boils. Have ready sliced apples enough to fill a large-sized dish; they should be sliced thin, and sugar should be strewn between the slices. Put bits of butter over the apples, and bake them gently till soft. Let them go cold, pour the arrowroot (also cold) over them. Garnish with apricot jam, and serve.

General Favourite Pudding.—Spread a little strawberry jam very thinly over some finger biscuits, arrange them at the bottom of a dish, grate the rind of a lemon over them, and pour upon them half a pint of custard, made with a cupful of milk, the yolks of two eggs, and a little sugar. Let the biscuits soak for a while. Whisk the whites of three eggs to a stiff froth, stir in lightly an ounce of sifted sugar, and as much finely-powdered and sifted arrowroot as will keep the eggs from falling. Lay the icing on the top of the pudding in broken masses, brown the top quickly in a hot oven or before the fire, and serve cold. The icing will take no harm if made an hour or two before it is wanted.

Geneva Pudding (sometimes called George Pudding).—Put half a cupful of best Carolina rice into a saucepan with a pint of new milk, a piece of butter the size of a nut, four tablespoonfuls of sugar, and three cloves. Simmer gently till the milk is absorbed, and the rice quite tender. Take out the cloves, beat the rice thoroughly, and add a dozen large apples, boiled till reduced to a pulp. When cold, mix with the rice and apples four well-beaten eggs, and a glass of sherry. Pour the mixture

into a well-buttered pie-dish, and bake in a moderate oven till lightly browned. Serve with wine sauce. Time, three-quarters of an hour to bake. Sufficient for five or six persons.

German Pudding, Baked.—Put a pint of new milk into a saucepan, with the thinly-peeled rind of a large lemon. Let it stand by the side of the fire, to draw out the flavour of the lemon, and, when it is warm, take out the lemon, stir into it till melted a quarter of a pound of fresh butter. Let it get nearly cold. Mix two ounces of flour very smoothly with a little cold milk, and mix it gradually with the milk and butter. Sweeten the mixture with two tablespoonfuls of sugar, and put in the yolks of four, and the whites of two, eggs, well-beaten. Three-parts fill some well-buttered cups with the mixture; bake till firm. Put two well-beaten eggs, two glasses of sherry, and four lumps of sugar, into an enamelled saucepan. Beat over the fire to a froth, pour round the puddings, and serve immediately. Time to bake, half an hour. Sufficient for eight or nine cups.

German Pudding, Boiled.—Put the thin rind of a large lemon into half a pint of milk. Let the milk stand for half an hour, then boil, and pour it over half a pound of stale crumbs of bread, finely grated. When cool, beat it with a fork, take out the lemon-rind, and add three ounces of butter, three ounces of sugar, and four eggs, well beaten. Butter a plain round mould rather thickly, put in a layer of the soaked bread-crumbs, &c., then a layer of either good jam or marmalade, and repeat until the mould is full. Put soaked bread at the top. Cover with buttered paper, put the mould in a pan, and boil or steam the pudding. Serve with custard sauce. Time to boil or steam an hour and a half. Sufficient for five or six persons.

German Pudding, Brown Bread.—Collect as many pieces of stale brown bread as will make half a pound of crumbs, and rub them through a sieve, then soak for half an hour in some boiling milk, and mix with it two ounces of fresh butter, three tablespoonfuls of sifted sugar, two ounces of sweet almonds, blanched and pounded, a teaspoonful of finely-chopped lemon-rind, half a teaspoonful of powdered cinnamon, two tablespoonfuls of picked raisins, the same of currants, and the well-beaten yolks of six eggs. When these ingredients are thoroughly blended, butter a mould, add to the above-mentioned ingredients the whites of the eggs, beaten to a firm froth, pour the mixture into the mould, and boil or steam the pudding. When sufficiently cooked, turn it out, and serve with wine or custard sauce. Time to boil, an hour and a half. Sufficient for five or six persons.

German Pudding, Rice (excellent).—Stew a quarter of a pound of the best Carolina rice in a pint of milk till it is very tender and dry; let it cool, then mix with it a quarter of a pound of fresh butter, two ounces of sweet almonds, blanched and pounded, three tablespoonfuls of sifted loaf sugar, three ounces of stoned raisins, half a teaspoonful of powdered cinnamon, and the yolks of three eggs. Add each ingredient separately, and mix thoroughly. Butter a mould, and, just before pouring the mixture in, add the whites of the eggs, beaten to a solid froth. Cover with buttered paper, tie in a cloth, and boil. Turn out, and serve with custard sauce. Boil an hour and a half. Sufficient for five or six persons.

Ginger Pudding. — Chop a quarter of a pound of fresh beef suet very finely. Add a pinch of salt, half a pound of flour, four ounces of moist sugar, and a dessert-spoonful

of powdered ginger. Mix all these ingredients thoroughly, and put them *dry* into a well-buttered mould, which they will fill. Boil for three hours. Turn out, and serve with wine sauce. Sufficient for four or five persons.

Ginger and Bread Pudding.—Pour half a pint of boiling milk over half a pint of finely-grated bread-crumbs, and let the latter soak for an hour. Then mix with them three tablespoonfuls of finely-sifted sugar, three well-beaten eggs, a dessert-spoonful of ginger syrup, and four ounces of preserved ginger cut into small pieces. Beat all thoroughly with a fork, pour into a well-oiled mould, steam, and when done, turn out with care. Sufficient for four persons. Time, one hour and a half to steam.

Gingerbread Pudding.—Take six ounces of stale bread-crumbs that have been rubbed through a wire sieve; mix with them three ounces of flour, six ounces of finely-chopped beef suet, a teaspoonful of powdered ginger, and a teaspoonful of baking-powder. Dissolve two tablespoonfuls of treacle in a gill of milk, add three drops of almond-flavouring, and make a smooth stiff paste by stirring the liquid into the dry ingredients. Turn the mixture into a buttered mould, lay a greased paper on the top, and steam the pudding for three hours. This pudding may be more easily and rather more economically made by rubbing a slice of beef dripping into flour instead of mixing bread-crumbs and flour with chopped suet.

Ginger Soufflé Pudding.—Mix smoothly over the fire one ounce of butter and one ounce of flour. Add the well-beaten yolks of two eggs and a gill of milk. Beat to a smooth batter; pour the mixture into a basin, and stir into it one ounce of preserved ginger, cut into thin slices, with a teaspoonful of the ginger syrup. Just before baking add the whites of the eggs, beaten to a firm froth. Butter a mould rather thickly. Ornament the inside in any pretty fanciful way with lemon, citron, or dried fruit, cut into shapes; pour in the batter, place a piece of buttered paper over the top, and steam gently, until it feels firm in the centre. Turn out, and serve with ginger sauce. Sufficient for three persons.

Gloucester Puddings.—Take three eggs and their weight in butter and flour, mix thoroughly, and add twelve bitter almonds, blanched and pounded, and a quarter of a pound of sifted loaf sugar. Beat well together to a light batter. Half fill some cups with the mixture, bake, turn out, and serve with wine sauce. Time to bake, half an hour. Sufficient for four persons.

Golden Pudding.—Mix thoroughly together six ounces of finely-shred beef suet, a pinch of salt, half a pound of fine bread-crumbs, half a pound of marmalade. Add half a teaspoonful of baking powder, two eggs, and as much milk as is needed to make a stiff paste. Put the mixture into a greased mould, lay a buttered paper on the top, and steam for four hours. Let the pudding stand a minute or two, turn it upon a hot dish, and serve with sweet sauce.

Gooseberry Pudding, Baked.—Pick the heads and stalks off the gooseberries, and put the berries into a jar. Place this jar in a saucepan of water, and let it boil until the fruit is soft enough to pulp. Press it through a sieve, and to every pint of pulp add an ounce and a half of fresh butter, four ounces of finely grated bread-crumbs, a quarter of a pound of sugar, and three well-beaten eggs. The latter should not be added until the pudding is cool. Pour the mixture into a buttered

dish, and bake in a moderate oven. Strew sifted sugar over the pudding before serving. It may be eaten either hot or cold. If a richer pudding is required, Savoy biscuits may be substituted for the bread-crumbs, and the edge of the dish may be lined with puff paste. Time about half an hour to bake. Sufficient for five persons.

Gooseberry and Rice Pudding.—Wash half a pound of best Carolina rice. Put it into a cloth, which has been dipped in hot water and floured, and lay on it a pint and a half of green gooseberries, picked and washed. Tie the cloth securely, leaving plenty of room for the rice to swell, and boil for an hour and a half. Serve it with sweet sauce. Sufficient for six or seven persons.

Greengage Pudding.—Line a buttered mould with good suet crust. Fill it with greengages, picked and washed; add a little moist sugar, put a lid of the crust on the top, and fasten the edges securely; tie the pudding in a floured cloth, put it into boiling water, and boil till done enough. As soon as the pudding is turned out of the basin, cut a hole in the top, to allow the steam to escape. Time, two to two and a half hours, according to the size. Sufficient, a pudding made in a quart mould for half a dozen persons.

Ground Rice Pudding.—Flavour a quart of milk by heating it gently with some thinly-cut lemon-rind, a little bit of cinnamon, or a couple of laurel-leaves. When pleasantly flavoured, take out the flavouring ingredient and boil the milk. Mix four ounces of ground rice smoothly with a little cold milk, add this to the boiling milk, and stir till thick. Put the rice into a bowl, let it cool, then mix with it a little sugar, a piece of butter the size of a nut, and two well-beaten eggs. Turn into a buttered dish, and bake in a gentle oven. If the oven is too hot, the pudding will be watery. A spoonful of brandy will improve the pudding, and an additional egg will enrich it.

Ground Rice Pudding, Rich.—Mix two ounces of ground rice smoothly with four table-spoonfuls of thick cream. Add half a pint of new milk, which has been boiled, with an inch of cinnamon, or the rind of a lemon. Stir over the fire until the mixture thickens, and add two ounces of fresh butter, two ounces of sugar, and a tiny pinch of salt. Pour the pudding into a basin, and when cold, mix with it the yolks of three and the white of one egg, and a wine-glassful of sherry, or half a wine-glassful of brandy. Put some apricot, or any other good jam, at the bottom of a buttered pie-dish, cover with the mixture, and bake in a moderate oven. Sift a little pounded cinnamon, or pounded sugar, over the pudding before serving. This pudding may be eaten either hot or cold. Time to bake, about half an hour. Sufficient for three or four persons.

Guernsey Pudding. — Boil three ounces of rice in a pint of new milk, with an inch of cinnamon, the thin rind of a lemon, and three cloves, till it can be beaten to a pulp. Sweeten it, take out the spices and lemon-rind, and mix with it some apple marmalade, made by boiling six large apples, peeled and quartered, with four tablespoonfuls of sherry. When cool, mix the apples with the rice, sweeten according to taste, and add the whites of five eggs, whisked to a firm froth. Beat altogether for ten minutes, pour the mixture into a buttered pie-dish, and bake for an hour and a quarter. Make a pint of

custard with the yolks of the eggs, and send it to table cold with the pudding. Sufficient for half a dozen persons.

Half-pound Pudding (sometimes called Half-pay Pudding). — Mix half a pound of finely-chopped suet with half a pound of flour, half a pound of currants, half a pound of raisins, and half a pound of grated bread-crumbs; add a pinch of salt, two teaspoonfuls of baking-powder, four tablespoonfuls of treacle, and as much milk as is required to make these ingredients into a stiff batter. Beat for three or four minutes, then pour the pudding into a buttered mould, and let it boil for three hours. Sufficient for six or eight persons.

Hampshire Pudding (sometimes called Hertfordshire Pudding). —Line the edge of a pie-dish with good puff-paste. Spread some jam at the bottom of the dish, about an inch thick. Beat the yolks of three, and the whites of two eggs, thoroughly. Add to them three ounces of loaf sugar, pounded and sifted, and three ounces of dissolved butter. Beat these together until they are quite thick, pour the mixture over the jam, and bake in a moderate oven till the pastry is baked. Sufficient for three or four persons.

Hannah More's Pudding.—Chop a quarter of a pound of beef suet very finely, mix with it half a pound of finely-grated bread-crumbs, a quarter of a pound of stoned raisins, a quarter of a pound of moist sugar, and a quarter of a pound of chopped apples, weighed after they are pared and cored. Add a pinch of salt, a quarter of a nutmeg, grated, two ounces of candied-lemon, chopped small. When these ingredients are thoroughly mixed, stir into them four well-beaten eggs and two tablespoonfuls of brandy. Pour into a well-buttered mould, plunge it into boiling water, and boil for three hours. Sufficient for four or five persons.

Hasty Pudding.—Put as much milk as will be required into a saucepan with a pinch of salt. Let it boil up, then sprinkle flour slowly in with the left hand, at the same time stirring the pudding briskly with a spoon held in the right hand. If any lumps collect draw them to the side of the fire and press them out with the back of the spoon. When the pudding is a thick paste, let it boil a minute or two longer, still stirring it, then put it into a pie-dish with a slice of fresh butter, and serve. Treacle or sugar and cream may be eaten with this pudding. Hasty pudding may be eaten at breakfast instead of porridge.

Hasty Pudding, Baked.—Mix two ounces of flour in a pint of boiling milk. Beat it over the fire till it is as stiff as batter, then pour it out, sweeten and flavour according to taste, and add an ounce of fresh butter. When cold stir in three well-beaten eggs. Spread a little marmalade or jam at the bottom of a deep pie-dish. Pour in the mixture and bake in a good oven. Time, half an hour to bake. Sufficient for three persons.

Hasty Pudding, or Farmer's Rice.—Mix a well-beaten egg with as much flour as it will moisten. Rub it between the hands until it is in small dry lumps like bread-crumbs. Stir these into a quart of boiling milk, and beat over the fire until the pudding is thick and smooth. Serve with treacle, butter, sugar, or cream. Time, twenty minutes. Sufficient for five or six persons.

Hayrick Puddings.—Put two ounces of fresh butter into a small jar, and place this in a large bowl of hot water till the butter is nearly

melted. The water must not go into the jar. Beat the melted butter to cream, and throw in gradually, whilst beating, two well-whisked eggs. Add, a little at a time, two ounces of fine flour, the grated rind of a fresh lemon, and two tablespoonfuls of sugar. Just before baking, stir in a small pinch of baking-powder. Warm some dariole moulds, grease them inside with butter, three-parts fill them with the mixture, and bake in a well-heated oven till they are well risen and brown. They will take about twenty minutes.

Lemon Syrup.—Squeeze the juice of a lemon into a small cupful of water, and boil it with five moderate-sized lumps of sugar till it is a clear thin syrup, then colour it with six drops of cochineal. Turn the puddings upon a hot dish, pour the sauce round them, and serve. The appearance of the dish will be improved if white sugar is sifted over, and if a little ring of angelica is placed upon each pudding.

Hedgehog Pudding.—Chop half a pound of beef suet very finely. Mix with it a quarter of a pound of flour, a quarter of a pound of bread-crumbs, half a pound of currants, half a pound of raisins, half a pound of sugar, one ounce each of candied lemon, orange, and citron, half a nutmeg grated, a dessert-spoonful of lemon-juice, a small pinch of salt, three or four sweet almonds, blanched and sliced, four eggs, and as much old ale as will make the pudding into a stiff paste. Mix the dry ingredients first; afterwards add the eggs and ale. Tie the pudding in a cloth, plunge it into boiling water, and keep it boiling for five hours. Have ready three ounces of blanched almonds. Stick them into the pudding before sending it to table, and serve with brandy sauce. Sufficient for six or eight persons.

Henriette Pudding, or Helena Pudding.—Pour three-quarters of a pint of boiling milk over two ounces of finely-grated bread-crumbs. Soak for half an hour, then beat with a fork, add one tablespoonful of sugar, a piece of butter the size of a large egg, two ounces of finely-chopped candied lemon, and the yolks of three well-beaten eggs. Spread a little apricot or currant jam at the bottom of a pie-dish; at the last moment add the whites of two of the eggs well whisked, pour in the mixture, and bake in a gentle oven for half an hour. Sufficient for three or four persons.

Her Majesty's Pudding.—Flavour half a pint of cream or new milk with half an ounce of pounded almonds, or if preferred, a little lemon or ratafia flavouring. Simmer gently, and when lukewarm, pour the milk gradually over two well-beaten eggs. Stir it over the fire for a minute or two until it begins to thicken, then take it off and sweeten it, and when quite cool pour it into a buttered mould which has been lined with a small sponge-cake, previously sliced and soaked in sherry. Place a cover on the mould and steam the pudding. When done enough, let it stand a minute or two before turning it out, and ornament with crystallised fruit of different colours. Time, three-quarters of an hour to steam. Sufficient for two persons.

Herodotus Pudding, or Hilton Pudding.—Chop a quarter of a pound of suet very finely, mix with it five ounces of finely-grated bread-crumbs, and five ounces of good figs minced as small as possible. Add a pinch of salt, three tablespoonfuls of sugar, and two eggs well beaten. Beat the mixture with a fork, pour it into a buttered mould, tie it in a cloth, and boil it for three

hours. Send sweet sauce to table in a tureen. Sufficient for four or five persons.

Hunter's Pudding.—A hunter's pudding and a plum pudding are very similar. Mix half a pound of finely-chopped beef suet with a quarter of a pound of bread-crumbs and a quarter of a pound of flour, add half a pound of stoned and chopped raisins, half a pound of picked currants, half a pound of sugar, the grated rind and strained juice of half a lemon, a pinch of salt, half a nutmeg grated, and an ounce of candied lemon. When the dry ingredients are thoroughly mixed, stir in four well-beaten eggs, and either milk, beer, port wine, or brandy, sufficient to make a stiff batter. Put the mixture into a buttered mould, and boil for six or seven hours. This pudding will keep for several months, and when used may be either cut into slices and fried, or plunged again into boiling water and boiled for an hour. Several puddings may be mixed and boiled together, and are very useful for keeping in the house to be used as occasion requires. If finely-minced cooked meat be substituted for the suet, this pudding may be eaten cold. Another excellent hunter's pudding may be made by taking a pound and a half of the mince made for mince pies, mixing it with six ounces of finely-grated bread-crumbs and three eggs. Sufficient for five or six persons.

Hydropathic Pudding may be made with fruit of all kinds, fresh or bottled. If fresh fruit is used, it must be stewed with water and sugar until it is about as much cooked as it would be in a fruit pie. If bottled fruit is used, the syrup only should be boiled with sugar, and the fruit simmered in it for a minute or two. Take some stale bread. Cut a round piece the size of half-a-crown, and lay it at the bottom of a basin, and arrange around it strips or fingers of bread about half an inch wide, remembering to leave a space the width of the finger between the strips. When the fruit is ready, and while it is still hot, put it in a spoonful at a time, so as not to displace the bread; and, as a further means to this end, put the heavier part of the fruit—the pulp and skin and stones, if there are any—at the bottom of the mould, and the juice last of all. Cover the top entirely with stale bread cut into very small dice; lay a plate on the pudding, put a weight on the plate, preserving the juice that rises above the plate, and set the pudding in a cool place till wanted. If it is well pressed down it will turn out in a shape, and be found an excellent pudding. This dish is thus named because it is served at the hydropathic establishments as a substitute for fruit pies and tarts, as pastry is not considered wholesome. In cold weather it will turn out if it is made three or four hours before it is wanted, but in warm weather it needs to be made overnight.

Iced Pudding.—Make a custard with half a pint of milk, the yolks of four eggs, two ounces of sugar, and a little vanilla. When thick and smooth add half a pint of cream and half a gill of maraschino. Freeze till stiff. Take two ounces of stale sponge-cake soaked in cream and two ounces of dried fruit, consisting of dried cherries and pine-apple cut small. Put the mould in ice. Place a little of the ice cream at the bottom, then a layer of fruit, and another of sponge cake. Repeat till the mould is full. Cover closely and imbed in ice.

Indian Pudding.—Beat up five eggs with a quarter of a pound of butter, and a crumbled penny sponge-cake. Boil, but first grate, a cocoa-nut, putting aside all the

brown part, in a pint of milk. In ten minutes set the milk to cool, and when sufficiently cooled stir it into the eggs; then put all into a dish previously lined with puff paste, and bake from a half to three-quarters of an hour in a moderate oven. Sufficient for seven or eight persons.

Indian Pudding.—Take half a pint of meal (let it be yellow—it is the richest) and a quart of new milk, into which put, when boiling, a little salt, nutmeg, and ginger. Stir it into the milk gradually, and keep beating it briskly all the time. When smooth, and the heat gone off, beat up an egg with two ounces of pounded sugar, and add it, with two ounces of finely-chopped suet, to the mixture. Bake in a moderate oven. Butter may be used in the place of suet. Time, two hours to bake. Sufficient for four or five persons.

Ingoldsby Christmas Pudding.—Take of stoned raisins, well-washed currants, and finely-chopped suet, each one pound; of flour and stale grated bread-crumbs, mixed, one pound; and one pound of sifted sugar. Put these ingredients into a large bowl with a quarter of an ounce each of candied peel, cut into bits, and mixed spice, the grated rind of a lemon, and a small grated nutmeg. Moisten with eight eggs, strained and well beaten, and two glasses of brandy or rum. This quantity will make two good-sized puddings, enough for six persons. Time, six hours and a half for the whole quantity, four hours for half.

Irish Black Pudding.—This pudding is excellent cut into thick slices when cold, and broiled over a clear fire, or warmed in an oven. If so served up it should only be boiled an hour, but will require longer time if eaten hot. To a pound of good beef suet, chopped very fine, half a pound of bread-crumbs, and the same of well-washed currants, add four ounces of pounded sweet almonds, a teaspoonful of cinnamon, nutmeg, and cloves, in powder, some candied peel, and enough loaf sugar to sweeten. Separate the yolks from the whites of four eggs, beat the yolks, and moisten the above ingredients with them stirred into the mixture with a pint of cream and a glass of brandy; lastly, put in the frothed whites of two eggs and boil in a cloth. Sufficient for five or six persons.

Italian Pudding.—Soak three sliced French rolls in a pint of cream which has been boiled and sweetened with loaf sugar. Beat up eight eggs, and add them to the soaked rolls when cool. Line a well-buttered dish with puff paste, the bottom of which fill with sliced apples, leaving enough of the dish empty to hold the cream. Strew sugar and some sliced candied peel on the top of the apples; add a glass of red wine, and, lastly, the cream. Edge the dish with some of the puff paste, and bake in a rather quick oven. Time, about half an hour. Sufficient for five or six persons.

Italian Pudding, Boiled.—Get two stale rolls, grate the crumb into a pint of milk, and boil it very carefully for ten minutes. Throw it into a basin to cool. Meanwhile, beat the yolks of three eggs, add them, with nearly half a pound of pounded sugar, a flavouring of vanilla, a few currants or muscatel raisins, and, lastly, the whites of the eggs whisked to a firm froth. This pudding should be steamed. Pour the mixture into a well-buttered basin, tie it down, and set it in a saucepan with boiling water reaching to half the height of the basin. Keep it boiling an hour, and serve with wine, brandy, or rum sauce poured over it. Sufficient for four or five persons.

Jam and Bread Pudding (economical).—Spread a little jam on slices of bread, cut about a quarter of an inch thick; lay them on a dish, and pour over them hot milk as much as will cover them. Let them soak a while, and serve hot or cold. This simple pudding is generally liked by children.

Jam Roly-poly Pudding.—Chop five or six ounces of beef suet very finely; mix with it one pound of flour, add a pinch of salt, and half a teaspoonful of baking-powder. Make it up into a firm paste with cold water; then roll it out to the thickness of a quarter of an inch; wet the edges all round, and spread half a pound of jam over the pastry. Roll it to the shape of a bolster, fasten the edges securely, and put the pudding into a floured cloth. Tie it at both ends, put it into boiling water without bending it, and let it boil quickly for about two hours.

Jejune Pudding. — Take the weight of four eggs with their shells on in sugar, butter, and flour; beat the butter to a cream, and mix with it the powdered sugar, the thin rind of a fresh lemon, finely minced, the eggs thoroughly whisked, and, last of all, the flour; beat all thoroughly until quite light. This pudding may be either baked or boiled. If baked, half fill some small moulds, well buttered, with the mixture, and bake in a quick oven. Turn out before serving. If boiled, pour the mixture into a well-buttered plain round mould, put a buttered paper over the top, tie it in a cloth, plunge it into boiling water, and boil for an hour and a half. A syrup flavoured with lemon, and slightly coloured with cochineal, may be poured into the dish with the pudding. Time, half an hour to bake the pudding. Sufficient for five or six persons.

Jelly Pudding.—Soak the thin rind of a fresh lemon in two tablespoonfuls of spring water for half an hour. While it is soaking, beat five ounces of fresh butter to a cream, add four ounces of pounded and sifted sugar, and, very gradually, the yolks of three eggs, well beaten. Line a small pie-dish with good puff paste. When it is time for the pudding to be baked, mix with it the strained lemon-water and the whites of the eggs, beaten to a solid froth, and bake in a quick oven. Time, twenty minutes to bake. Sufficient for three persons.

Jenny's Pudding. — Butter a small plain mould rather thickly, and ornament it with dried cherries and slices of lemon-peel stuck in layers all round the inside. Cut some thin slices of sponge biscuit, and with these line the mould. Fill up the centre with ratafia biscuits and the crumb of bread finely grated, lay slices of sponge biscuit over the top, and pour over the whole by degrees as much rich custard as it will absorb. Let the pudding stand for an hour or two. Then cover it with buttered writing paper, tie it in a cloth, plunge it into boiling water, and boil quickly for an hour. The mould must be quite full. Sufficient for three persons.

Jersey Pudding. — Mix an ounce of flour thoroughly with two ounces of ground rice, two ounces of moist sugar, and a very small pinch of salt. Work these ingredients smoothly into four ounces of butter. Add two ounces of stoned raisins, chopped small, a teaspoonful of finely-minced lemon-rind, three well-beaten eggs, and two tablespoonfuls of milk. Pour the mixture into a well-buttered mould, cover it with an oiled paper, tie it in a cloth, and keep it boiling until it is done enough. Pour round the pudding a sauce made of syrup, flavoured with lemon-rind and juice, and coloured with a few drops of

cochineal. Time, one hour to boil. Sufficient for two persons.

Jewish Almond Pudding (*see* ALMOND PUDDING, JEWISH).

Jubilee Pudding.—Take half a pound of sponge-cake, rather stale than otherwise, and cut it into thin slices. Butter one side, and spread the other either with orange marmalade or apricot jam, then place the slices in layers in a plain round mould, buttered side downwards. Pour three-quarters of a pint of good custard gradually over each layer, and repeat until the mould is full. Let the pudding soak for an hour, then bake in a quick oven, and turn out before serving. Wine or brandy sauce may be sent to table with it. Time, an hour and a quarter to bake. Sufficient for four or five persons.

Judy's Pudding. — Chop a quarter of a pound of beef suet very finely. Mix with it a quarter of a pound of finely-grated bread-crumbs, a tablespoonful of flour, two tablespoonfuls of moist sugar, two well-beaten eggs, and a tablespoonful of brandy. When these ingredients are thoroughly blended, pour the mixture into a well-buttered mould, lay a buttered paper over it, tie it in a floured cloth, and boil for one hour and a half. Turn the pudding out of the mould before serving, and pour sweet sauce round it. Sufficient for three or four persons.

Kentish Suet Pudding.—Chop a quarter of a pound of beef suet very finely, add a pinch of salt, and ten ounces of fine flour; mix thoroughly, and make up into a paste, by the addition of an egg beaten up with a little cold water. Put the whole into a floured cloth, tie it securely, plunge it into boiling water, and boil quickly for an hour and a half. This pudding is very good with jam poured over it, or eaten with hot gravy and boiled meat. If any is left, it may be toasted before the fire until brightly browned, and served with the same accompaniments as before. Sufficient for five or six persons.

Lady Abbess' Pudding.—This excellent pudding is sometimes called Lady Betty's Delight. Take the thin rind of a fresh lemon, and let it soak for half an hour in half a pint of new milk, then sweeten with two tablespoonfuls of sugar. Put the whole into a saucepan, and when well heated add two large fresh eggs and the milk of a cocoa-nut, and put the custard aside to cool. Chop four ounces of beef suet very finely, grate two ounces of a fresh cocoa-nut, and stone and mince six ounces of Muscatel raisins. Cut four ounces of stale bread into thin slices. Butter a plain round mould, and stick raisins upon it in even rows. Put a slice of bread at the bottom, and place upon it a little suet, a few raisins, a little grated lemon-rind and juice, three grates of nutmeg, and a little custard, and repeat until all the ingredients are used, being careful to place bread and custard at the top. Let the pudding soak for an hour, then lay a buttered paper on the top, tie in a floured cloth, plunge into boiling water, and let it boil quickly until done enough. Turn it out carefully, and serve with the following sauce in a tureen. Mix a teaspoonful of arrowroot very smoothly, with two tablespoonfuls of cocoa-nut milk. Pour over it a quarter of a pint of boiling syrup, flavoured with lemon-rind and cinnamon, stir all together until the mixture is nearly cold, then add two tablespoonfuls of cream, a few drops of vanilla essence, and a dessert-spoonful of brandy. Time to boil the pudding, three hours and a half. Sufficient for four or five persons.

Lamartine's Pudding.—Stew four large apples, peeled and cored, in a little water, with a small

piece of cinnamon, until they are tender, but the pieces unbroken. Take them up, drain them, and beat them with a fork. Let them get cold, then mix with them the yolks of four eggs and the white of one, well beaten, a little pounded sugar, two or three drops of vanilla, two ounces of fresh butter, and three-quarters of a pint of cream or good milk. Line a pie-dish with good puff paste. Pour in the mixture, and bake in a moderate oven. Strew sifted sugar over before serving. Apricots may be substituted for the apples in this recipe. Time to bake, half an hour. Sufficient for four or five persons.

Leamington Pudding.—Beat a quarter of a pound of fresh butter to a cream, mix with it a quarter of a pound of fine flour and a quarter of a pound of sugar, which has been well rubbed upon the rind of a lemon, and then powdered; add a tiny pinch of salt, a pint of cream, the yolks of six eggs and the whites of two, whisked to a firm froth. Butter three small cake tins of different sizes, pour in the mixture, and bake in a quick oven. Serve the puddings one on the top of the other, the largest at the bottom, and spread a layer of good jam between each. Wine-sauce should be sent to table with this pudding. Time to bake, one hour. Sufficient for six or eight persons.

Leicester Pudding.—Mix a heaped teaspoonful of carbonate of soda and a small pinch of salt with a pound of flour. Add the finely-minced rind of half a lemon, a quarter of a nutmeg, grated, four ounces of finely-chopped beef suet, a tablespoonful of sugar, and half a pound of stoned raisins. Mix the dry ingredients thoroughly, stir into them a pint of milk, put the mixture into a buttered mould, tie it in a floured cloth, plunge it into boiling water, and let it boil quickly until done enough. Send wine or brandy sauce to table with it. Time to boil, two hours and a half. Sufficient for four or five persons.

Lemon Pudding.—Chop six ounces of beef suet very finely. Mix with it half a pound of bread-crumbs, half a pound of sugar, the thin rind of two large lemons chopped small, and a pinch of salt. Mix thoroughly; moisten with two well-beaten eggs and the strained juice of one lemon. Turn the mixture into a buttered mould that it will fill, tie a floured cloth over the top, plunge it into boiling water, and keep it boiling for four hours. Let it stand a minute, turn it out, and serve with sweet sauce. If preferred, one egg and a teaspoonful of baking-powder may be used instead of two eggs; then a little water will be required to moisten the pudding.

Lemon Pudding, Baked.—Beat two ounces of fresh butter to a cream, mix with it three ounces of powdered sugar, the beaten yolks of three eggs, the well-whisked white of one egg, and the grated rind of a small fresh lemon. When these are thoroughly mixed, add the strained juice of the lemon, pour it in gently, and stir briskly all the time. Line the edges of a small pie-dish with good puff paste, pour in the mixture, and bake in an oven for about half an hour. Sufficient for two or three persons.

Lemon Pudding, Baked, Plain.—Put the thin rind of a large fresh lemon into a pint and a half of milk. Let it soak for a while, then boil it, and pour it while hot over half a pound of finely-grated bread-crumbs; add an ounce and a half of fresh butter, three tablespoonfuls of sugar, and three eggs well beaten. Pour the mixture into a buttered dish, and bake in a moderate oven

for three-quarters of an hour. Sufficient for five or six persons.

Lemon Pudding, Boiled.—Chop six ounces of beef suet very finely. Mix with it half a pound of bread-crumbs, half a pound of sugar, a teaspoonful of salt, the rind of two large lemons chopped small, the strained juice of one, and two well-beaten eggs. Pour the mixture into a buttered mould, plunge it into boiling water, and boil it quickly and continuously. Serve brandy sauce with it. Time to boil, four hours. Sufficient for five or six persons.

Lemon Bread Pudding, Baked.—Grate three ounces of the stale crumb of bread very finely, mix with it three tablespoonfuls of sugar and the grated rind of two lemons; add a quarter of a pint of cream and the same of milk. Mix the dry ingredients very thoroughly, then add the strained juice of the lemons, and six well-beaten eggs, omitting the whites of two. Butter a pie-dish, pour in the mixture, and bake in a moderate oven. Time to bake, about an hour. Sufficient for four or five persons.

Lemon Bread Pudding, Boiled.— Chop a quarter of a pound of beef suet very finely, add a pinch of salt, six ounces of finely grated bread-crumbs, a tablespoonful of flour, three tablespoonfuls of moist sugar, the finely-minced rind and strained juice of a lemon, half a pint of milk, and two eggs well beaten. Mix thoroughly. Butter a plain pudding-mould rather thickly, ornament the inside with raisins, candied fruit, or sliced lemon-rind, pour in the pudding, cover it with a floured cloth, plunge it into boiling water, and let it boil quickly until done enough. Turn it out on a dish, and send to table a sauce made as follows, poured round it:—Put the thin rind and juice of a lemon in half a pint of water, add two tablespoonfuls of sugar, and simmer gently over the fire for twenty minutes; add a few drops of cochineal and a tablespoonful of rum, and it is ready to serve. Time to boil, three hours. Sufficient for three or four persons.

Little Mary's Cup Puddings.—Grate the rind of a large fresh lemon upon two ounces of finely-sifted sugar. Mix a dessertspoonful of the juice with half a pint of cold water. Dissolve the sugar in this over the fire; add a quarter of a pound of butter, and a wine-glassful of sherry, or any other light wine, and when the butter is melted, pour the mixture out to cool. Mix four ounces of flour very smoothly with three well-beaten eggs, add the cooled liquid very gradually, and stir the batter over the fire for three minutes. Take some well-buttered cups, three-parts fill them with the mixture, and bake in a quick oven. Turn the puddings out of the cups before serving, and sift a little powdered sugar over them. Time to bake, half an hour. Sufficient for six or eight persons.

Macaroni Pudding.—Break six ounces of macaroni into one-inch lengths, put these into a saucepan with plenty of hot water, and let them boil, without a lid on the saucepan, for twenty minutes. Drain away the water, and pour on a quart of milk, and add a slice of butter and three spoonfuls of sugar. Boil again till the macaroni is tender, without being at all pulpy. It will need about twenty minutes longer, but the time will vary with the quality of the macaroni. Let the mixture cool. Break two eggs into a bowl, grate a little nutmeg into them, and stir them lightly in with the macaroni and milk; pour into a greased dish, and bake in a moderately-heated oven till the pudding is firm

and of a light-brown colour. It will take about an hour.

Macaroni Pudding (another way).—Break four ounces of macaroni into inch lengths, and boil in a quart of water in an uncovered saucepan for fifteen minutes. Drain and boil again with a pint of milk and two ounces of sugar till tender but unbroken. When cool add two beaten eggs, and flavour with lemon, vanilla, nutmeg, &c. Put the mixture into a buttered dish, and bake till brown. For a superior pudding, take additional eggs and stir in a glass of noyeau or a little brandy. A little orange marmalade or apricot jam may, if liked, be put in the dish under the macaroni.

Macaroni Pudding, Plain.—Butter a pie-dish, and cover the bottom with about two and a half ounces of uncooked macaroni. Pour over it one quart of cold milk made sweet. Stir in a couple of well-beaten eggs, and flavour with any essence liked, ratafia or vanilla. Put bits of butter over the top, and a little grated nutmeg. Bake in a slow oven for three hours. Sufficient for four or five persons.

Macaroon Pudding.—Soften eight ounces of macaroons by pouring a pint of boiling cream over them, and then covering them until cold. Break four eggs, yolks and whites separately, add to the yolks two tablespoonfuls of powdered sugar, and a glass of rum or brandy, and beat the whites to a froth. Beat the macaroons smooth with a wooden spoon, mix in the egg-yolks, sugar, and brandy, and, lastly, just before baking, stir in lightly the whites of the eggs. Fill to about half some small cups, and bake in a moderate oven for fifteen minutes.

Madeira Pudding. — The beauty of this pudding depends on contrasting well the colours of the jams. Make a good butter or suet crust; roll it out thinly, cut in rounds—the size of the tin in which you intend to boil the pudding—several pieces of crust; put at the bottom of the tin a layer of crust, then one of light-coloured jam—say greengage—then another layer of crust, then a red jam, and so on until the tin is filled. Boil the pudding in a cloth for two hours and a half, turn it out very carefully, and before serving sift a little white sugar over it. The tin should have a loose bottom, so that the pudding can slip out easily. It must be well-buttered first.

Madonna Pudding. — Put three-quarters of a pound of bread-crumbs into a basin with eight ounces of finely-chopped suet, and the same weight of good powdered sugar. Beat up two eggs with a large table-spoonful of brandy, add these, with the grated rind of a large lemon, to the ingredients in the basin. Beat the mixture until it is smooth, with a wooden spoon. If labour be not spared in this respect, the pudding will be a success. Fill a buttered mould, tie a floured cloth over, plunge into boiling water, and boil four hours. Sufficient for four or five persons.

Malvern Pudding.—Put two dessert-spoonfuls of Oswego corn-flour into a basin, and mix it with a little cold milk, say about two table-spoonfuls. Boil together four ounces of good loaf sugar and half a pint of new milk. Stir it into the basin while boiling hot, adding, when the heat has a little gone off, three well-beaten eggs, with three table-spoonfuls of good cream, which should be thick, and a little nutmeg. If cream be not at hand, use more eggs. Pour some of this custard into a buttered dish, and have ready boiled some well-flavoured apples, sweetened with half their weight of good loaf sugar,

and made pleasant to the taste with the grated rind and juice of a lemon. Put a layer of the apple marmalade on the Oswego custard, and fill up alternately. Bake in a brisk oven. Time, twenty to twenty-five minutes. The apple and custard will be very good served cold.

Manchester Pudding.—Boil three tablespoonfuls of grated bread-crumbs in half a pint of milk, which has been previously flavoured with vanilla or lemon-peel, for three or four minutes; add to it when off the boil the yolks of two eggs, a piece of butter the size of an egg, eight lumps of sugar, and half a gill of brandy. Place a layer of any rich jam (green-gage, strawberry, or apricot) at the bottom of a pie-dish, pour in the mixture when cold, ornament the edge of the dish with a border of puff paste, and bake for an hour. This pudding may be eaten either hot or cold; if hot, whip the whites of the eggs to a stiff froth with a little sugar, spread it over the top of the pudding, and return it to the oven for five minutes to set. If to be eaten cold, merely sift some powdered sugar over it and serve. Sufficient for four or five persons.

Mandarin Pudding.—Mix a quarter of a pound of fine bread-crumbs, a quarter of a pound of well-chopped suet, a quarter of a pound of Jamaica preserved green ginger, with two eggs and two tablespoonfuls of the syrup of the ginger. Pour the mixture into a buttered mould or basin, and steam for four hours. Sufficient for five or six persons.

Manna Croup Pudding.—This pudding is made in the same way as most grain puddings, but may be greatly improved by adding a few chopped or pounded almonds. Boil six dessert-spoonfuls of manna croup in a pint of new milk, with half an ounce of bitter almonds, blanched and pounded, and eight lumps of white sugar, for two minutes, then pour the mixture into a buttered pie-dish, and let it stand for twenty minutes. When almost cold, stir in three well-beaten eggs, and bake in a moderate oven for thirty or thirty-five minutes. Sufficient for three or four persons.

Mansfield Pudding.—Chop three ounces of suet; add to it one tablespoonful of flour, four tablespoonfuls of currants, a quarter of a grated nutmeg, two ounces of moist sugar, the soft part of a French roll, which has been previously soaked in half a pint of boiling cream or milk, and well beaten, a tablespoonful of brandy, a tablespoonful of cream, and two eggs. Beat the pudding with a fork for four or five minutes, and put it into a buttered dish, or into a china mould, if preferred. Time to bake in a moderate oven, three-quarters of an hour. Sufficient for three or four persons.

Marlborough Pudding.—Warm two ounces of fresh butter, and when soft, without being thoroughly melted, beat it until it resembles cream; add two ounces of powdered or sifted sugar, and two well-beaten eggs, and mix all together. When done, line a small pie-dish with puff paste, placing a border also round the edge; cover the bottom with a layer of apricot or strawberry jam; pour in the mixture, and bake from twenty to twenty-five minutes. We would suggest, that instead of the dish being *lined* with puff paste, a few thin slices of sponge-cake should be substituted, as the paste is likely to be sodden and indigestible. Sufficient for three persons.

Marmalade, Orange, Pudding.—Beat up two eggs, mix with them a quarter of a pint of new milk, and a quarter of a pound of good moist sugar; beat together for five

minutes. Prepare some bread-crumbs by rubbing the stale crumb through a wire sieve, rejecting the crust. Of these crumbs take a quarter of a pound, with rather more than their weight of good suet. Mix with the eggs and milk, and work the mixture until smooth. Fill a buttered tin mould with the mixture and alternate layers of orange marmalade, and bake in a moderate oven. The excellence of this pudding will greatly depend on the mixing of the ingredients. Time, one hour and three-quarters to bake. To beat the mixture, twenty-five minutes. One pound of marmalade is sufficient for this pudding.

Marrow Pudding.—Arrange in layers, in a buttered mould, a quarter of a pound of bread, cut in thin slices, three ounces of marrow, chopped fine, an ounce of citron, cut small, and two ounces of pounded sweet almonds. Cover with a sauce made of half a pint of milk or cream, three eggs, well beaten, and a sufficient quantity of sugar and nutmeg to flavour the whole. Boil for an hour, or bake for forty minutes, turn the pudding out of the mould, and serve with a little sifted sugar over it. The almonds may be left out, and raisins or currants substituted. Sufficient for four persons.

Marrow Pudding, Boiled or Baked.—Pour over half a pint of fine crumbs, prepared from stale rolls, three breakfast-cupfuls of boiling milk, flavoured with lemon-peel and grated nutmeg. Let them soak, then beat together the bread, seven ounces of carefully chopped marrow, and four well-whisked eggs. Sweeten to taste, and boil in a buttered mould, or bake in a dish lined with puff paste. Time, two hours to boil; an hour to bake. Sufficient for five or six persons.

Meal Pudding (American).—A breakfast-cupful of Indian corn-meal and a teaspoonful of salt, mixed with boiling milk, makes a pudding much liked by the Americans; and, when enriched with eggs, of which there should be four to this quantity of meal, it cannot fail to please almost any palate. The eggs must not be added until the mixture has cooled. Boil in a buttered mould, and serve with syrup and butter, or with any sweet sauce. Time, two hours and a half in a mould. A quart of milk is sufficient for the above ingredients.

Merton Almond Pudding.—Whisk well the yolks of eight eggs and the whites of six. Blanch and pound to a fine powder six ounces of sweet almonds, add it to the eggs, together with rather more than half a pound of sifted sugar, the juice of half a lemon, and the rind of one grated. Beat the ingredients until they are thoroughly blended; butter a pie-dish, put in the pudding, and bake *immediately* for half an hour in a brisk oven. Sufficient for six persons.

Middleton Pudding.—Make a rich batter with two tablespoonfuls of flour, a pint of new milk, a little salt, two dessert-spoonfuls of good moist sugar, and the whole of eight eggs, well beaten, first separately and then together. Flavour with nutmeg and the grated rind of a lemon. Boil in a floured cloth, leaving space to swell. Serve with wine or other pudding sauce. Time, two hours to boil. Sufficient for four or five persons.

Miles Standish's Pudding.—Beat well six eggs, yolks and whites separately. Mix with the yolks a pound and a half of curd made from new milk, and prepared with rennet. Beat the curd and eggs until smooth, then add a quarter of a pound of finely-sifted sugar, a quarter of an ounce of powdered cinnamon, an ounce and a half of citron sliced, and ten ounces of raisins, weighed after

stoning (these last should be soaked for some hours in brandy). Stir in the whisked whites of the eggs, and bake in a mould well buttered, and sprinkled thickly with sifted bread-raspings. When done turn out, and serve hot with custard flavoured with brandy or rum. Time, an hour and three-quarters to bake. Sufficient for a small mould.

Military Puddings. — Mix well together half a pound of bread-crumbs, half a pound of moist sugar, and half a pound of finely-chopped suet. Mince the rind of a good-sized lemon, squeeze the juice, and stir it into the mixture. Place the puddings in small buttered cups or moulds, and bake for half an hour in a tolerably quick oven. If preferred, military puddings may be boiled, if so, they must be made into small balls. In either case serve with lemon or wine sauce. Sufficient for five or six persons, or to fill six or seven cups.

Millet Pudding.—Like sago and other small seeds, millet should be washed before boiling. Simmer over a slow fire, stirring carefully, four ounces of millet in nearly a quart of milk. Flavour with the thin rind of lemon, cinnamon, or nutmeg. When cooled, sweeten and stir in four beaten eggs. Fill a well-buttered pie-dish, and bake; or the pudding may be boiled, in which case more millet for the same quantity of milk must be used. Boil in a basin, well buttered. Time, about an hour to bake; to boil, an hour and a half; fifteen minutes to simmer. Sufficient for five or six persons.

Milton Pudding.—Simmer in a small saucepan a quarter of a pint of new milk, with the thin rind of a lemon and three blades of mace; boil until the flavour is gained, then strain the milk to a pint of double cream, and boil together for a minute. Sweeten while hot with an ounce of finely-sifted sugar. Let it cool, and add the beaten yolks of seven eggs and a glass of brandy. Boil in a mould, and serve cold, with sweetmeat or preserved fruit round the dish. Time, an hour to boil.

Mixed Fruit Pudding. — Butter a large tin mould, one that will hold a quart, and line it with stale fine bread, first cut into slices of about the fourth of an inch thick, and again with a tin-cutter, into pieces of a triangular form. This form will fit best into the bottom of the mould, but long narrow strips of half an inch broad will be best for the sides. Have ready a syrup made by boiling a pint of currant-juice with a pound and a half of loaf sugar, and, the mould being now prepared, simmer a pint of not over-ripe raspberries with half the quantity of currants, in the syrup for a few minutes, then fill the mould while the fruit is in a boiling but whole state, and set the pudding to cool over ice; or it may be made the day before it is wanted. Time, twenty-five minutes to boil syrup; ten minutes to simmer fruit.

Molly Clark's Pudding.— Make a custard of a pint and a half of new milk, which has been previously flavoured with vanilla, half a pint of cream, the yolks only of eight eggs, and three ounces of white sugar. Stir until cold, then pour into a well-buttered basin or mould, cover with a buttered paper, and steam for an hour. When done let the pudding stand a few minutes before turning out. Serve with a hot fruit syrup or jelly poured round it, not over, or stewed French plums, or a compôte of any kind that taste or fancy may direct Sufficient for four or five persons.

Monmouth Pudding.—Take the crumb of a stale white loaf, put it into a basin, and pour over it boiling

milk, in the proportion of a pint of milk to four ounces of bread. Cover until it is well soaked, then add two heaped tablespoonfuls of pounded white sugar, from four to five ounces of butter dissolved before the fire, the grated peel of a dry lemon with the juice of a fresh one, and three well-whisked eggs. Pour the mixture into a buttered dish, the bottom of which has been spread with jam—strawberry, raspberry, or plum. Bake for twenty minutes. Sufficient for five or six persons.

Montagu Pudding.—Mix to a smooth batter two ounces of flour, a quarter of a pint of milk, and four eggs, well beaten. Then add half a pound of chopped suet, half a pound of stoned raisins—or a quarter of a pound of raisins, and a quarter of a pound of sultanas—and two tablespoonfuls of moist sugar. Pour the whole into a basin, flour a cloth, put it over the top, and tie down tightly. Plunge the pudding into a saucepan of boiling water, and boil for four hours. Sufficient for six persons.

Montreal Pudding.— Put four ounces of flour into one basin, and whisk three eggs for ten minutes in another. Add to the eggs a small cup of milk, a large tablespoonful of good moist sugar, and the quarter of a small nutmeg, grated. Mix the flour and eggs gradually together, and stir in nearly half a pound of fine bread-crumbs. This mixture should be beaten for quite twenty minutes, when half a pound of raisins, stoned and cut, may be added. Butter a basin or mould, and boil; the mould to be well tied over the top. Time, three hours to boil. Sufficient for four or five persons.

Mother Eve's Pudding.—Take of sliced apple, well-washed currants, grated bread, and finely-chopped suet, twelve ounces each, mix them in a bowl, with half the rind of a lemon, minced, and moisten with four well-beaten eggs. Boil in a buttered mould, and serve with a sweet sauce, as follows:—Sweeten a quarter of a pint of melted butter, add nutmeg, a large glassful of sherry, and part of the juice of a lemon. Time, three hours to boil. Sufficient for five or six persons.

Mountain Pudding.—Butter a pie-dish and line it with ratafias, and grate the rind of a lemon over them. Mix two ounces of flour with a litttle cold milk to a smooth paste, and add cold milk gradually to make a pint. Boil this for ten minutes, stirring all the time. Pour the mixture gently over the ratafias, and soak for ten minutes. Beat the whites of the eggs to a stiff froth. Stir two ounces of sifted sugar to this, and add a little corn-flour or arrowroot to make the icing stiff. Arrange it on the pudding in five or six little mounds to imitate mountains, and put the pudding in the oven till these are lightly browned. Serve cold. This icing will take no harm if it is made two or three hours before it is wanted.

Neapolitan Custard Pudding.—Cut two sponge-cakes into slices, and spread a little jam over each slice. Place them in a buttered pie-dish, sprinkle over them six or seven powdered ratafias, and pour over the whole a custard made as follows:—Sweeten half a pint of milk with three lumps of sugar which have been well rubbed upon the rind of a large fresh lemon. Let the custard nearly boil, then stir into it a tablespoonful of flour which has been mixed smoothly with a little cold water. Add two ounces of fresh butter, and stir the mixture over the fire until it thickens. When almost cold add the well-beaten yolks of three eggs, put the pudding into a moderate oven, and bake until it stiffens. Whip the whites of the

eggs to a firm froth, spread this on the top of the pudding, and sift about a tablespoonful of powdered white sugar over the surface. Put the pudding in the oven again eight or ten minutes before it is served, that the eggs may stiffen a little, but do not let it brown. Time to bake, half an hour. Sufficient for four persons.

Nectarine Pudding.—Stew a dozen nectarines, not over-ripe, with a little sugar until they are quite tender. Beat them well with a fork, remove the skin and the kernels, let them get cold, then mix with them the well-beaten yolks of four and the whites of two eggs, a quarter of a pint of finely-grated bread-crumbs which have been soaked in as much cream as they will absorb, and add a little more sugar if required. Line a dish with good puff paste, pour in the mixture, and bake in a moderate oven; strew sifted sugar over the top before serving. Time, one hour to bake. Sufficient for six persons.

Nesselrode Pudding.—Peel two dozen Spanish chestnuts. Put them into boiling water for five minutes, then take off the second skin, and boil them until tender with half a stick of vanilla, or some vanilla essence, and half the thin rind of a fresh lemon in the water with them. Drain them well, and pound them in a mortar. Rub them through a hair-sieve, and mix with them a quarter of a pound of powdered sugar, a glass of maraschino, and half a pint of thick cream. Dissolve three-quarters of an ounce of best isinglass in a little water, stir it into half a pint of hot cream, add the chestnuts, &c., and keep stirring the mixture gently until it is sufficiently stiff to hold fruit without letting it fall to the bottom. Work in two ounces of picked and dried currants, and two ounces of candied citron cut into thin strips. Put the mixture into an oiled mould, and set in a cool place to stiffen. Time, about three-quarters of an hour to boil the chestnuts. Sufficient for eight or nine persons.

Neufchatel Pudding.—Beat the yolks of four eggs briskly for three or four minutes, then put them into a saucepan, and with them the whites of two eggs, eight ounces of fresh butter, and four ounces of pounded and sifted sugar. Stir gently over a slow fire for twenty minutes or more. Line a pie-dish with good puff paste. Spread on the bottom a layer of either orange marmalade or apricot jam, pour the mixture on the top, and bake in a good oven. Sift a little sugar over the pudding before serving. Time to bake, about a quarter of an hour. Sufficient for four persons.

New College Puddings.—Chop a quarter of a pound of beef suet very finely, mix with it four ounces of finely-grated bread-crumbs, or, if preferred, powdered sweet biscuit; add a quarter of a pound of currants, a pinch of salt, two tablespoonfuls of sugar, half a nutmeg, grated, and an ounce of finely-shred candied peel. Mix the dry ingredients thoroughly, moisten them with three well-beaten eggs; add as much milk as will make them of the proper consistence, and fry them in spoonfuls, in a little hot butter, till they are brightly browned on both sides. Shake the pan frequently to prevent them burning, and turn them over when one side is sufficiently cooked. Arrange them neatly on a hot dish, and strew sifted sugar thickly over them before serving. Time, six or eight minutes to fry. Sufficient for half a dozen persons.

Newcastle Pudding.—Butter the inside of a pint basin, and

fill it with thin slices of stale bread-and-butter which have had white sugar and grated lemon sprinkled upon each slice. Make a custard by mixing half a pint of new milk with three well-beaten eggs. Flavour this also with lemon. Pour the custard over the bread, lay a buttered paper on the top, and steam it very gently for about an hour. Turn out carefully, and serve with fruit or lemon syrup. If liked, a more delicate pudding may be made by using sponge biscuits instead of bread, and then two eggs only will be required for the custard.

Newmarket Pudding.—Cut some slices of very thin bread-and-butter, and with them three-parts fill a buttered pie-dish, and sprinkle a few washed currants between the layers. Make as much custard as will fill the dish, sweeten it, and flavour it pleasantly by boiling the milk with a strip of thin lemon-rind, a bay-leaf, or a small piece of stick cinnamon. With a pint of milk put the yolks of two eggs and the white of one and a teaspoonful of corn-flour. If more eggs are permitted the pudding will be correspondingly improved, and then the corn-flour may be omitted. Bake in a well-heated oven till the custard is set and the pudding is lightly browned upon the surface. A very pleasant variety of this pudding may be made by spreading a little marmalade upon the slices of bread instead of sprinkling currants between the layers. The name of the pudding will then be changed to *Marmalade Bread and Butter Pudding*.

Nonsuch Pudding.—Grate the rind of a large fresh lemon upon three ounces of loaf sugar; crush it to powder, and mix it with four ounces of dried flour. Beat a quarter of a pound of fresh butter to a cream. Add gradually and smoothly the sugar and flour, two ounces of raisins, stoned and chopped small, and five eggs well beaten. Mix thoroughly, and pour the pudding into a buttered mould; plunge it into boiling water, turn it out before serving, and send some good custard or wine sauce to table with it. Time to boil, two hours. Sufficient for three or four persons.

Norfolk Dumplings.—The simplest way of making Norfolk dumplings is to order a few muffins from the baker's, boil them for about twenty minutes in some water, and serve with some sweet sauce. The muffins will swell considerably.

Norwegian Puddings.—Beat a quarter of a pound of fresh butter to a cream, mix with it a quarter of a pound of ground rice, one ounce of fine flour, a quarter of a pound of powdered sugar, half a teaspoonful of baking-powder, and any flavouring that may be preferred. Add two well-whisked eggs, and beat all briskly together for four or five minutes. Butter some cups, three-parts fill them with the mixture, and bake in a quick oven. Turn out the puddings when done enough, put them on a dish, and pour over them half a pint of good wine sauce, boiling hot. Sprinkle some powdered sugar over them, and serve at once. Time to bake, about half an hour. Sufficient for three or four persons.

Nottingham Pudding.—Take half a dozen large apples of uniform size. Pare and core without breaking them, and fill the centre of each with a little butter, some moist sugar, and grated nutmeg. Put them side by side in a well-buttered pie-dish, and cover them with a light batter made as follows:—Mix six tablespoonfuls of flour very smoothly with a little cold water, add three well-beaten eggs, a pinch of salt, and milk sufficient to make the batter of the consistence of thick cream. This will be about three-quarters of a

pint. Bake the pudding in a moderate oven. The batter will be better if made an hour or two before it is wanted. Time to bake, an hour and a half. Sufficient for half a dozen persons.

Oatmeal Hasty Pudding.—Mix a tablespoonful of flour, a tablespoonful of oatmeal, and a pinch of salt smoothly with four tablespoonfuls of cold milk. Stir these gradually into a pint of boiling milk, and stir the mixture with the handle of a wooden spoon until it is quite smooth and free from lumps. Let it boil quickly for four or five minutes, pour it on small plates, and serve hot. Send cream and sugar, or treacle, to table in a tureen. When the Scotch or coarse oatmeal is used, it should be soaked all night in a little cold water, then added gradually to the boiling milk, and beaten as above. If preferred the flour may be omitted altogether and oatmeal only may be used. Time to boil the pudding, twenty minutes. Sufficient for two persons.

Orange Pudding.—Rub the rind of a large orange upon some lumps of sugar until all the yellow part is taken off. Make the sugar up to four ounces, put it into a bowl, and strain over it the juice of four oranges. Pour half a pint of boiling milk over three ounces of bruised ratafias or sponge-cake which have been finely crumbled in another bowl. Add a pinch of salt and a quarter of a small nutmeg, grated. Mix thoroughly the contents of the two bowls, and stir in three well-beaten eggs. Line the edges of a pie-dish with good puff-paste, pour in the mixture, sprinkle a teaspoonful of powdered ratafias over the top, and bake in a moderate oven for half an hour. Sufficient for three or four persons.

Orange Pudding, Boiled.—Take the thin yellow rind of two Seville oranges, and boil them until tender. Drain them well, and pound them to a paste. Pour a pint of boiling milk over a quarter of a pound of sponge-cakes or finely-grated bread-crumbs; soak until cold, then add the rind of the oranges, three tablespoonfuls of powderod sugar, the strained juice of a small lemon, two ounces of clarified butter, and four well-beaten eggs. Mix all thoroughly. Pour the mixture into a well-buttered mould, which it should quite fill, tie the mould in a floured cloth, plunge it into boiling water, and let the pudding boil quickly until done enough. A pudding thus made may be steamed or baked as well as boiled. Half a dozen sweet almonds blanched and pounded will greatly improve the flavour. Time, one hour and a half to boil or steam; half an hour to bake. Sufficient for three or four persons.

Orange Marmalade and Bread Pudding.—Butter a plain quart mould rather thickly. Spread a little orange marmalade over the bottom, lay on it a thin slice of bread-and-butter, and repeat with alternate layers until the mould is three-parts full. Pour in a custard made with a pint of milk and three well-beaten eggs. Let the bread soak in this for an hour, then cover the pudding closely, and steam it over hot water until it is firm. Let the pudding stand for a minute before turning it out, and serve with sweet sauce. Time, an hour and a half to steam the pudding. Sufficient for half a dozen persons.

Orange Marmalade Pudding.—Chop six ounces of beef suet very finely. Mix with it half a pound of finely-grated bread-crumbs, half a pound of orange marmalade, two tablespoonfuls of moist sugar, an ounce of candied peel chopped small, a pinch of salt, three well-beaten eggs, and a quarter of a pint of new

milk. Put the mixture into a floured cloth, plunge it into boiling water, and let it keep boiling until it is done enough. Turn out carefully, and serve with wine sauce. If preferred, this pudding may be boiled in a mould, but care must be taken that the mould is quite filled with the mixture; or it may be steamed. Time to boil or steam the pudding, four hours. Sufficient for six or eight persons.

Orleans Pudding.—Put one ounce of gelatine into a basin with a quarter of a pint of cold water, and let it soak for half an hour. Whisk the yolks of five eggs thoroughly, and add very gradually a pint of hot milk or cream, and six ounces of powdered sugar. Put the custard into an enamelled saucepan over a gentle fire, and stir until it begins to thicken; add the soaked gelatine, and stir until the gelatine is dissolved. Put half an ounce of picked currants, half an ounce of stoned raisins, and an ounce of finely-minced candied peel into a saucepan with a quarter of a pint of brandy, and simmer gently for twenty minutes. Oil a plain round mould; spread a thin layer of cream at the bottom, say about half an inch in thickness; strew a little of the fruit upon this, and let it set, and then a layer of Naples biscuits finely crumbled, and a layer of crushed ratafias. Repeat until the mould is full. Put the pudding into a cool place until it is firmly set; if possible, place it in ice. Turn it on a dish, and garnish with dried cherries and strips of candied peel. Time, ten minutes to thicken the pudding. Sufficient for five or six persons.

Oxford Pudding.—Wash six ounces of best Carolina rice in two or three waters. Drain it well, and put it into a pudding-cloth, with three ounces of picked currants, or, if preferred, two large apples, pared, cored, and sliced, and a little grated nutmeg. Tie the cloth loosely to give the rice room to swell, and let the pudding boil quickly until done enough. Serve with sweet sauce. Time to boil, two hours. Sufficient for five or six persons.

Palestine Pudding.—Put a quarter of a pound of biscuit flour into a bowl with a quarter of a pound of powdered sugar, a quarter of a small nutmeg, grated, and a pinch of salt. Add gradually a pint of new milk, and beat the mixture with a wooden spoon until it is quite smooth and free from lumps, then put it into a saucepan, with two ounces of fresh butter, and stir it over the fire till it boils and is thick. Pour it into a shallow dish large enough to contain it, and when it is quite cold and stiff, cut it up into small fancy shapes, and fry them in a little butter, until they are lightly browned. Serve neatly arranged on a hot dish, with lemon-sauce poured round them. The sauce may be made as follows:—Put the rind and juice of a fresh lemon into a saucepan, with a quarter of a pint of water and two ounces of loaf sugar, and let them boil until the sugar is dissolved, and the syrup is clear; strain, and serve. Time, about ten minutes to fry the pudding. Sufficient for five or six persons.

Pancakes.—The batter for pancakes is best when made an hour or two before it is wanted for use. It should be quite smooth, and of the consistency of very thick custard. The eggs should first be whisked thoroughly, the yolks and whites separately; the flour should then be added, and, when it has been beaten until it is quite free from lumps, the milk or cream should be put in. In making plain pancakes, two tablespoonfuls of flour and a quarter of a pint of milk should be allowed to each egg. If a larger proportion of

eggs be used, less flour will be required. The fire over which pancakes are fried should be clear and bright, and the frying-pan scrupulously clean and hot. In order to ensure this, it is best to melt a little fat in it, then pour it away, wipe the inside quickly round with a dry, clean rag, put in a little more fat, and afterwards pour in the batter, which should cover the pan entirely, and be as thin as possible. The edges of the pancake should be kept free from the pan with a knife, and the pan must be shaken lightly to prevent sticking. When the batter is set, and the under side of the pancake nicely browned, the pan should be taken hold of at the end of the handle, and lightly jerked upwards, so as to turn the pancake completely over, and in a minute or two it will be ready for serving. If any difficulty is found in throwing up the pancake, it may be turned with a slice, or cut in two, and then turned. Pancakes may be dished in various ways, either flat, with sugar sifted between, or rolled and piled on a hot napkin—this being the best, as it keeps in the heat. Lemon and sugar are generally sent to table with them, and they should be served as hot as possible. They may be flavoured according to taste. A few chopped apples, or a teaspoonful of dried currants, is sometimes mixed with the batter, or sprinkled upon it when it is set in the pan, and another thin coating of batter poured over; and pancakes thus made are called apple or currant pancakes. Pancakes are much more easily fried in a small pan than in a large one. Time to fry, five minutes. Sufficient for three or four persons.

Paradise Pudding. — Chop four ounces of beef suet very finely, and mix with it an equal weight of finely-grated bread-crumbs, half a saltspoonful of salt, four tablespoonfuls of moist sugar, half a saltspoonful of grated nutmeg, the grated rind and strained juice of a fresh lemon or a bitter orange, and six large apples, peeled and cored, and chopped small. Mix the dry ingredients thoroughly, then add three well-whisked eggs and a tablespoonful of brandy. Put the mixture into a buttered mould, which it should quite fill, tie a floured cloth over it, plunge it into boiling water, and let it boil quickly until it is done enough. Serve the pudding on a hot dish, with a sauce made as follows, poured over it:—Put three tablespoonfuls of apple-jelly into an enamelled saucepan with two tablespoonfuls of brandy. Stir them gently until the jelly is dissolved, then pour in gradually a quarter of a pint of thick cream, and stir the sauce briskly until it is on the point of boiling. It is then ready for serving. If preferred, this pudding may be baked instead of boiled. Time to boil the pudding, three hours; to bake, one hour and a half. Sufficient for five or six persons.

Paris Pudding.—Put a pint of new milk into a saucepan with three small tablespoonfuls of ground rice; stir it over the fire until it thickens, and when it is nearly cold, mix with it the yolks of four, and the whites of two eggs, together with three ounces of finely-chopped beef suet, three ounces of chopped apples, weighed after they are peeled and cored, two tablespoonfuls of chopped raisins, two tablespoonfuls of powdered rusks or finely-grated bread-crumbs, and a tablespoonful of good jam. Blanch and pound twelve sweet almonds and two bitter ones, mix with them a quarter of a pound of powdered sugar, four ounces of minced candied peel, a grated nutmeg, and two or three drops of vanilla essence. Add the flavourings to the rest of the ingredients, and

beat all together for some minutes. A tablespoonful of brandy may be added or not; pour the mixture into a well-oiled mould, which it will quite fill, cover it with a sheet of oiled paper, tie it in a cloth, put into boiling water, and keep it boiling quickly for two hours. Turn it out on a dish, and serve with some sweet sauce.

Parliament Pudding. — Whisk the yolks of seven and the whites of four eggs well, first separately and afterwards together. Boil half a pound of loaf sugar with a pint of water, skim it carefully. When it is clear syrup, pour it over the eggs, add the strained juice of a large lemon, and the yellow part of half of it, which has been rubbed upon sugar and powdered. Beat the mixture for several minutes, and while beating, shake in gradually half a pound of dried flour. Take care there are no lumps in the batter. Pour it into a buttered tin, and bake it in a well-heated oven till it is nicely set, say for about three-quarters of an hour. Sufficient for five or six persons.

Parson's Pudding. — Make some good suet crust; roll this out as for a roly-poly pudding, and spread over the surface a mixture made of apples, pared, cored, and chopped small, picked and washed currants, and a little moist sugar. Sprinkle finely-chopped suet on the top, roll the pudding up, fasten the ends securely, put it in a floured cloth, and boil it like a roly-poly pudding, serving with sweet sauce. Time to boil, about two hours. This pudding is generally liked by children.

Peasant's Pudding.—Butter a moderate-sized pie-dish, and fill it with alternate layers of fruit and thin slices of bread or grated bread-crumbs. Add sugar according to the acidity of the fruit, and if it is not a juicy kind, pour half a cupful of cold water, or a little lemon-juice, over the pudding. Red and white currants, strawberries, raspberries, and cherries, will not require any water to moisten them. The first layer in the dish should consist of bread, and the last of fruit. Bake in a well-heated oven for half an hour. Probable cost uncertain, varying, of course, with the fruit. This is an inexpensive and wholesome pudding. Sufficient for five or six persons.

Peninsula Pudding. — Take six ounces of picked and dried currants, and four ounces of raisins weighed after they have been stoned. Mix with these four ounces of sugar which has been rubbed upon the rind of a small lemon and powdered, and add six ounces of chopped apples, three ounces of finely-chopped suet, three ounces of bread-crumbs, a pinch of salt, and the quarter of a nutmeg, grated. Mix the dry ingredients thoroughly, then stir into them three well-beaten eggs, the strained juice of the lemon, and a glassful of brandy. Pour the mixture into a buttered mould, which it should fill to the brim, cover with oiled paper, and tie the mould in a floured cloth. Plunge it into boiling water, and keep the pudding boiling until it is done enough. Turn it out carefully, sift powdered sugar thickly over it, and send sweet sauce or wine sauce to table with it. Time to boil, two hours. Sufficient for five or six persons.

Pine-apple Pudding. — Boil half a pint of milk with three ounces of butter and three ounces of sugar. As soon as the milk rises in the pan, lift it from the fire, stir four ounces of flour into it, and beat it well until it is quite smooth. Put it on the fire again, and stir until it leaves the sides of the saucepan with the spoon. Pour it out, and mix in the well-

beaten yolks of three eggs and three ounces of preserved pine-apple cut into dice. Butter a mould rather thickly, and just before pouring the mixture into it, add the whites of the eggs, which have been beaten to a firm froth. Leave room in the mould for the pudding to swell. Steam the pudding by placing it in a saucepan upon an inverted pudding-plate, and keeping it surrounded with about three inches of boiling water until it is done enough. Turn the pudding out upon its dish, with a little wine sauce poured over it. Time to steam, about an hour and a half. Sufficient for four persons.

Plain Rice Pudding.—Wash half a teacupful of rice, and throw away the grains that float. Drain the rice, put it into a pie-dish, and pour over it a quart of skim milk; add a quarter of an inch of cinnamon or a little piece of lemon rind, and a piece of butter the size of a sixpence. Do not stir the pudding, but bake it in a moderate oven till it is covered with a bright brown skin, when it is ready to serve. It will take about an hour and a half.

Plain Rolled Pudding.—Put a pound of flour into a bowl. Add a pinch of salt and a teaspoonful of baking-powder, and rub in half a pound of dripping. Stir in as much cold water as will make a stiff paste, roll it out, and then turn it over and over to make it in shape of a bolster. Cover it with a floured cloth, tie the ends securely, and plunge the pudding into fast-boiling water. Keep it boiling till done enough; it will take about an hour and a half. Let it cool a minute, turn it upon a hot dish, and send treacle, jam, or marmalade, to table with it.

Plain Sago Pudding.—Wash a teacupful of sago, put it into a dish, pour over it a pint of milk and a pint of water, and let it soak for half an hour. Put with it an inch or two of lemon rind, or any suitable flavouring, and a little piece of butter the size of a threepenny-piece. Bake it in a gentle oven till done enough. It will take about two hours and a half. Send sugar to table with it.

Plain Tapioca Pudding.—Put the tapioca, with the water in which it was soaked and a pint of milk, into a greased pie-dish. Throw into it half an inch of stick cinnamon or five or six inches of thin lemon-rind. Bake in a gentle oven until the tapioca is transparent and the pudding is covered with a brown skin. It will take about three hours. Serve with sugar or jam.

Plum Pudding.—Chop finely four ounces of good beef suet. Mix thoroughly in a bowl three-quarters of a pound of flour, a heaped teaspoonful of baking-powder, and a pinch of salt. Add the chopped suet, four ounces of stoned raisins, four ounces of picked and dried currants, four ounces of sugar, and two ounces of candied peel chopped small. Break an egg into a cup, and beat the egg well with a tablespoonful of milk. Moisten the pudding with the mixture, and, if necessary, add more milk; some flours require more moisture than others. It may be remembered, however, that the pudding when mixed should be very stiff—stiff enough for the knife to stand up in it. Grease a dripping-tin with dripping, put the mixture into it, and bake in a well-heated oven. It will be done enough in about an hour. Cut it into squares, sift white sugar over it, and serve. If preferred, dripping can be rubbed into the flour instead of adding chopped suet, and an additional teaspoonful of baking-powder can be substituted for the egg.

Plum Pudding.—There is almost an infinite variety of recipes

for plum puddings, but a very good general idea can be gathered from the following recipe; and the variations necessary to raise its level to a Christmas pudding on the one hand, or to bring it down till it is suitable for a boys' school on the other, can be pointed out afterwards. Take half a pound of flour, a quarter of a pound of suet, a quarter of a pound of raisins, a quarter of a pound of currants, one egg, a tablespoonful of sugar, one-third of a nutmeg, grated, half an ounce of chopped candied peel, a pinch of salt, a dessertspoonful of treacle, and a little milk or water. A teaspoonful of baking-powder will help to make the pudding lighter. First, stone the raisins, and pick the currants free from stalks, &c. Chop the suet and the candied peel very fine. Mix all the *dry* ingredients in a basin. Next dissolve the treacle in a little milk or water. Break the egg into a cup, first beat it up, add it to the dry pudding, and moisten with the treacly milk or water, till you can almost pour the mixture. Next, take a pudding-cloth, flour it thoroughly, tie the pudding up tight, leaving room for it to swell. Boil for three hours. Turn it out on to a dish, and serve with sweet sauce.

To render this pudding more rich, the quantity of the fruit (especially the raisins, which should be in excess of the currants) can be increased, also two or three eggs can be used instead of one. In this case the treacle will not be necessary, as the fruit helps to make the pudding dark.

To render this pudding less rich, omit the egg, and decrease the quantity of fruit. Plum puddings can be varied in flavour by the addition of chopped lemon-peel, chopped apples, spices of various kinds, pounded almonds. When required very rich, bread-crumbs can be substituted for flour, and brandy added. Plum puddings can be boiled in a mould or basin, but are always best when boiled in a cloth, and room allowed for their swelling.

Plum Pudding, Christmas, Rich.—Take a pound of muscatel raisins, half a pound of currants, a quarter of a pound of sultana raisins, half a pound of mixed candied-peel, half a nutmeg, grated, three-quarters of a pound of bread-crumbs, three-quarters of a pound of suet, eight eggs, a quarter of an ounce of pounded bitter almonds, one tablespoonful of flour, one tablespoonful of moist sugar, a quarter of a pint of brandy, and a pinch of salt.

Stone the raisins, and see that the currants have been thoroughly washed and dried. Break the eggs one by one, and be very careful that not one is stale, or anything approaching to stale; then beat them all thoroughly together till they froth. Mix the dry ingredients very thoroughly; see that the bread-crumbs are dry, adding the pounded almonds, especially little by little, and being very careful to see they get thoroughly mixed in. Then add the beaten egg and the brandy. Get a new pudding-cloth, scald it several times, butter the cloth, then flour it, tie up the pudding tight, but leaving room for it to swell, and let it boil for eight hours. Put a saucer underneath the pudding to prevent its sticking to the saucepan. See the water is boiling when you plunge in the pudding. This pudding is generally best boiled the day before. Then two hours will be sufficient to warm it up. Christmas pudding can be hung up in its cloth to keep; it will keep good for a year.

When the pudding is served some brandy should be heated in a spoon till it lights, and this should be poured round the pudding, a little more brandy being poured in after it burns up. It is usual to stick a piece of holly with a few bright red berries in the top of the pudding.

Plum Pudding, Christmas, To warm up.—Never warm up a good plum pudding in the oven. This spoils it. Place the remains of the pudding in a basin, and put this in a saucepan, containing a very little water, keeping the basin quite out of reach of the water, and steam it till it is hot through. Light a little fresh brandy, and it will be as good as on the first day.

Plum Pudding, Baked, without Suet.—Grate finely half a pound of the crumb of a stale loaf. Pour over it half a pint of boiling milk, and beat into it whilst warm four ounces of butter. Let it stand until cold, then add a quarter of a pound of picked currants, a quarter of a pound of chopped raisins, three ounces of moist sugar, an ounce and a half of candied-peel cut into shreds, half a saltspoonful of grated nutmeg, and a pinch of salt. Beat all these ingredients smoothly together; add two well-beaten eggs and a tablespoonful of brandy if liked. Pour the mixture into a buttered mould or pie-dish, and bake in a well-heated oven. Turn the pudding out before serving, and sift powdered sugar thickly over it. This pudding can be steamed instead of baked. When this is done, the basin which contains it should be put into a saucepan upon a plate, which has been turned upside down. Boiling water three inches deep, should be poured round it, and this should be kept boiling until the pudding is done enough. It is very good cold. Time to bake or steam, an hour and a quarter. Sufficient for five or six persons.

Plum Pudding, Economical.—Chop a quarter of a pound of beef suet very finely; mix with it three-quarters of a pound of flour, three-quarters of a pound of bread-crumbs, half a pound of raisins, stoned and chopped, half a pound of currants, half a pound of moist sugar, the peel of a lemon finely shred, and half a nutmeg, grated. Mix the dry ingredients thoroughly, and stir in with them six well-beaten eggs and as much milk as is required to make a stiff paste. Put the pudding into a floured cloth, and tie it up, not too tightly, but leaving room for it to swell. Put it into a pan of boiling water, and keep it boiling quickly for five hours. Do not turn it out of the cloth until just before it is to be served. Send sweet sauce to table in a tureen. If preferred, three eggs only may be used, and three heaped teaspoonfuls of baking powder. Sufficient for five or six persons.

Plumbe's Arrowroot Pudding, Baked.—Take about four tablespoonfuls of arrowroot, or three and a half ounces, and add to it one quart of milk. Boil for four minutes, stirring briskly. Allow the pudding to cool, and then thoroughly mix into it two eggs well beaten, with three tablespoonfuls of sugar. Flavour to taste, and bake for half an hour in an oven, or brown the pudding before the fire.

Polish Pudding.—Blanch one ounce of sweet almonds and six bitter ones, and pound them in a mortar to a smooth paste, adding a few drops of water to prevent their oiling. Put them into a saucepan with half a pint of new milk, and bring the liquid slowly to the boil. Mix two tablespoonfuls of arrowroot very smoothly with half a pint of cold milk. Pour the boiling milk upon this, and stir briskly for a minute or two. Add two ounces of fresh butter, and two well-beaten eggs, and stir the mixture again until it is cool. Put it into an oiled mould, and set it upon ice, if possible; if not, lay it in a cool place until it is wanted. Turn it out before serving, and send the following sauce in a tureen:—Beat two ounces of fresh butter to a cream. Add two ounces of powdered sugar

and two glassfuls of sherry, and mix thoroughly. Put the mixture into a small saucepan, and stir gently until it boils. Serve immediately. Time, six or eight hours to set the pudding, if it is not upon ice. Sufficient for four or five persons.

Pomfret Puddings.—Rub the rind of a fresh lemon upon lumps of sugar until all the yellow part is taken off. Add a little more sugar to make the weight up to a quarter of a pound, then crush the sugar to powder. Beat a quarter of a pound of butter to a cream. Add a pinch of salt, two well-whisked eggs, the powdered sugar, and a quarter of a pound of flour, and beat the mixture briskly for two or three minutes. Three parts fill some small cups with it, and bake in a brisk oven. When the puddings are done enough, turn them upon a hot dish, and send wine sauce to table in a tureen. Time to bake, fifteen to twenty minutes. Sufficient for half a dozen cups.

Pompadour Pudding, Rich.—Pour a third of a pint of boiling cream upon two ounces of finely-grated bread-crumbs, and let them soak until cool. Beat well with a fork, and mix with them five ounces of finely-chopped beef suet, an ounce of flour, two ounces of macaroons crushed to powder, three ounces of powdered sugar, two ounces of table raisins weighed after the stones are taken out, two ounces of dried cherries, four ounces of candied peel cut into thin slices, the grated rind of half a lemon, half a nutmeg, grated, and a pinch of salt. When these ingredients are well mixed, stir in the yolks of four eggs and a glassful of brandy. Pour the mixture into a buttered mould which it should fill to the brim, cover with oiled paper, and tie securely in a floured cloth. Boil or steam the pudding until it is done enough, let it stand a minute or two before turning it out, dish it carefully, and serve at once. If liked, the pudding can be additionally flavoured, and will be improved by boiling in the cream before it is poured over the crumbs three ounces of blanched sweet almonds and three bitter ones. Before sending the pudding to table, pour over it a sauce prepared as follows: — Make two glasses of sherry hot, but do not let it boil. Pour it over a large tablespoonful of powdered and sifted sugar, and when this is dissolved stir into it the well-beaten yolks of two eggs. Whisk the sauce briskly over a gentle fire, and when it begins to thicken and is lightly frothed it is ready. Time to boil the pudding, two hours and a half. Sufficient for a pint mould.

Poor Epicure's Pudding.—Put a quart of new milk into a saucepan with four inches of stick cinnamon, half a dozen blanched and sliced almonds, the thin rind of a lemon, or any flavouring that may be preferred. Bring it slowly to the boil; strain and add to the milk a pinch of salt and a little sugar. If Swiss milk is used sugar will not be required. When the milk is cold, mix with it three well-beaten eggs. Pour the custard into a buttered pie-dish, and lay on the top slices of bread the third of an inch thick. These should be thickly buttered on both sides, should be entirely free from crust, and should cover the milk entirely. Bake in a moderate oven. Time to bake, forty minutes. Sufficient for five or six persons.

Porcupine Pudding.—Wash a quarter of a pound of the best Carolina rice in two or three waters. Drain it, and put it into a stewpan with a pint or more of cold milk, a little sugar, the thin rind of half a lemon, essence of almonds, or any other flavouring that may be preferred. Boil very gently until the rice is quite tender and has absorbed

all the milk. The time required will depend in a great measure upon the quality of the rice, but fully an hour should be allowed for it. When it is quite dry, turn it out, beat it well with a spoon to a smooth paste; mix with it three well-beaten eggs, and turn it into a well-oiled mould. Cover it, and steam it by placing it on a plate turned upside down in a saucepan with about three inches of water round it. Whilst it is steaming, blanch two ounces of sweet almonds, cut them into shreds, and throw them into cold water to preserve their colour. Turn the pudding out upon a dish, stick the almonds all over it, and pour round it a pint and a half of nicely-flavoured custard. Time to steam, one hour and a half, exclusive of the custard. Sufficient for four or five persons.

Portland Pudding. — Beat separately the whites and yolks of four eggs. Put the yolks into a bowl, and mix with them very gradually half a pound of dried flour. Mix the batter till it is quite free from lumps. Stir into it four ounces of moist sugar, six ounces of clarified butter, one ounce each of candied lemon and candied orange-peel, the two last being finely chopped. Add a pinch of salt, the eighth of a nutmeg, grated, one pound of stoned raisins, and last of all the whites of the eggs beaten to a firm froth. Beat the pudding five or six minutes. Pour it into a buttered basin, tie it in a cloth, and leave room for the pudding to swell. Plunge it into boiling water, and keep it boiling until it is done enough. Turn it out carefully, and serve with sweet sauce. Time to boil, five hours. Sufficient for five or six persons.

Portuguese Pudding.—Boil half a pint of milk with three inches of thin lemon-rind. Stir into it, when boiling, after first taking out the lemon-rind, three dessertspoonfuls of ground rice which has been mixed smoothly with three tablespoonfuls of cream. Stir the mixture over the fire for two minutes after it boils, then pour it out to cool. Add a little sugar, together with the yolks of three and the whites of two eggs well beaten. Pour the pudding into a buttered dish, and bake in a moderate oven. When done enough, take out the pudding, and let it stand until it is cold and stiff. Before serving, lay upon it a little apricot or any other fine jam. Time to bake, about three-quarters of an hour. Sufficient for a small dish.

Potato Pudding, Sweet.—Bake half a dozen large potatoes in their jackets, and when they are done enough break them open and squeeze out the contents. Beat them lightly, and with a quarter of a pound of the potato flour thus obtained put three ounces of clarified butter, half a teaspoonful of grated lemon-rind, a dessertspoonful of lemon-juice, a pinch of salt, three tablespoonfuls of powdered sugar, and three tablespoonfuls of milk or cream. Beat the pudding for five or six minutes, then add separately the yolks and well-whisked whites of three eggs. Butter a plain mould, ornament it with dried fruit or slices of candied peel, pour in the pudding, and bake in a well-heated oven, or steam the pudding if preferred. Turn it out before serving, sift sugar thickly over it, and garnish the dish with jam. Time to bake, three-quarters of an hour; to steam, one hour. Sufficient for five or six persons.

Prince Consort's Pudding.—Rub some large lumps of sugar upon the rind of a small lemon until all the yellow part is taken off, then crush them to powder with a little additional sugar to make up the weight to two ounces. Grate finely six ounces of stale sponge-cake, pour

over it half a pint of boiling milk or cream, and add the flavoured sugar and a pinch of salt. Let the crumbs soak until the milk is cold, then beat the mixture with a fork, and stir into it the yolks of four eggs and the white of one well whisked. Butter a mould thickly, and flour it, ornament the inside with dried fruit, pour in the mixture, and tie it over with oiled paper. Put it on a plate turned upside down in a saucepan, and let there be two or three inches of boiling water round it; the water must not come so high as to flow into the pudding. When it is done enough, turn it out, and send jam and a good custard to table with it, or a sauce prepared as follows:—Pour a quarter of a pint of boiling milk over a teaspoonful of arrowroot which has been mixed to a smooth paste with a little boiling milk. Sweeten it, and stir it over the fire for two or three minutes. Pour it out, and mix with it a quarter of a pound of any kind of fruit jelly, either red-currant, raspberry, or cherry. The jelly should have been previously dissolved till it is in a liquid state. The sauce may either be poured round the pudding or served in a tureen. Time to steam the pudding, about an hour and a half. Sufficient for three or four persons.

Prince Frederick's Pudding.—Rub some lumps of sugar upon the rind of a fresh lemon until all the yellow part is taken off. Crush it to powder with additional sugar to make up the weight to four ounces. Beat separately the yolks and whites of six eggs, and, when they are thoroughly whisked, put them together, and add the flavoured sugar and the strained juice of the lemon. Butter a tin mould, and half fill it with the mixture. Bake in a quick oven. Serve immediately before the pudding has time to fall. A sauce prepared as follows may be sent to table with it:—Whisk two eggs thoroughly, and mix with them gradually a glassful of sherry or madeira. Add a little sugar which has been rubbed upon lemon-rind and powdered. Pour the mixture into a saucepan, and stir it briskly over the fire until it is well frothed and very hot; it must not boil. Pour it round the pudding, and serve. Time to bake the pudding, ten to fifteen minutes. Sufficient for three or four persons.

Pudding-Pies.—Put a pint of milk into a saucepan with a little thin lemon-rind, mix with it two ounces of ground rice, and keep it stirred over the fire until it is thick and free from lumps. Take out the rind, pour it into a bowl, stir into it a piece of butter the size of a walnut, and add a pinch of salt, two tablespoonfuls of white sugar, a little grated nutmeg, two eggs, and a heaped tablespoonful of currants. Stir the rice occasionally until it is cool. Line some large patty-pans with good pastry rolled very thin, three-parts fill them with the mixture, and bake in a gentle oven. These puddings may be made larger by increasing the quantities in the proper proportion, and richer by putting in a little more butter and an additional egg or two. If liked, the currants can be stewed over the pudding-pies just before they are put into the oven instead of being stirred into it. Time to bake, a quarter of an hour. Sufficient for five or six persons.

Puff Puddings.—Beat four ounces of butter to a cream, and mix with it four tablespoonfuls of flour, the yolks of four eggs, two tablespoonfuls of sugar, a pint of cream or milk, and a little almond flavouring. A minute or two before the puddings are to be baked, add the whites of the eggs, beaten to a firm froth. Butter some large patty-pans, and three-

parts fill them with the mixture. If liked, a few currants may be sprinkled over the puddings. Bake in a well-heated oven, and serve the puddings as soon as possible after they are done enough, with white sugar sifted over them; send wine sauce to table with them. Time to bake, half an hour. Sufficient for five or six persons.

Pumpkin Pudding.—Take a large pumpkin, pare it, and remove the seeds. Cut half of it into thin slices, and boil these gently in water until they are quite soft, then rub them through a fine sieve with the back of a wooden spoon. Measure the pulp, and with each pint put four ounces of butter, six ounces of sugar, a little grated nutmeg, and either six drops of essence of almonds, or flavour the pulp with sugar rubbed on lemon-rind, or half a teaspoonful of powdered ginger. Stir the mixture briskly for a minute or two, then add the third of a pint of hot milk and four well-beaten eggs. A glassful of wine or brandy may be added or not. Pour the pudding into a buttered dish, and bake in a moderate oven for about half an hour. It will be sufficient for five or six persons.

Puritan's Pudding.—Grate three ounces of stale crumb of bread. Put it into a bowl, with a pinch of salt, the eighth part of a nutmeg, grated, an ounce of the kernel of a fresh cocoa-nut, finely grated, two tablespoonfuls of powdered and sifted sugar, and a pinch of grated lemon-rind. Mix these ingredients well together, then pour over them a pint of milk, which has been beaten up with two well-whisked eggs. Let the crumbs soak for two hours or more. Beat the mixture well with a fork, pour it into a dish, and bake in a moderate oven. Time to bake, half an hour. Sufficient for three or four persons.

Queen's Pudding, with Sugar Icing.—Rub some stale bread through a wire sieve until half a pint of bread-crumbs have been obtained. Put these into a bowl, pour upon them a pint of boiling milk, add the grated rind of a lemon, three tablespoonfuls of white sugar, an ounce of butter, and the beaten yolks of two eggs (the whites of the eggs should be put aside; they will be wanted presently). Butter a small pudding-dish, or, if preferred, line it with pastry, pour in the mixture, and bake in a well-heated oven till it is set and nicely browned. Put the two whites of eggs upon a plate, and whisk them until the froth can be cut in two with a knife. After they are whisked mix about a spoonful of sifted arrowroot with them to keep the froth firm, add as much white sugar as will sweeten the icing, and place it in broken lumps on the top of the pudding. Put it in the oven till lightly browned on the top, and it is ready to serve.

Queen Adelaide's Pudding.—Beat eight ounces of fresh butter to a cream. Mix with it eight ounces of finely-sifted sugar, half a pound of dried flour, two ounces of thinly-sliced candied peel, four ounces of picked and dried currants, and a quarter of a teaspoonful of essence of almonds or essence of lemon. Whisk the yolks and whites of six fresh eggs, first separately, and afterwards together. Add them to the other ingredients, and beat the mixture for several minutes. Pour it into a well-buttered mould, cover with buttered paper, and afterwards tie in a cloth, and boil or steam the pudding. Turn it out carefully on a hot dish, and pour wine sauce round but not over it. Time to boil, two hours and a half. Sufficient for five or six persons.

Queen Mab's Pudding.—Put a pint and a half of new milk or cream into a saucepan with any flavouring that may be preferred—

either an inch of stick cinnamon, the thin rind of a lemon, vanilla, or eight or nine bitter almonds, blanched or sliced. Simmer the liquor gently until it is pleasantly and rather strongly flavoured, then put with it a pinch of salt, four ounces of loaf sugar, and an ounce of isinglass or gelatine, and stir until the last is dissolved. Strain the mixture through muslin, and mix with it the well-beaten yolks of five eggs. Stir it again over the fire until it begins to thicken, but on no account allow it to boil, or it will curdle. Stir until it is cool, then mix with it an ounce and a half of candied peel and an ounce and a half of dried cherries—or, if preferred, preserved ginger or preserved pineapple may be used instead of the cherries, and a little of the juice of the fruit may be stirred in with the pudding. Pour the pudding into an oiled mould, and let it stand in a cool place, or upon ice, until set. Turn the pudding out very carefully, and pour round it a sauce made of clear syrup flavoured with lemon-rind and coloured with cochineal, or, if preferred, mixed with a small portion of strawberry or currant juice. Time, about an hour to prepare the pudding. Sufficient for five or six persons.

Queen's Pudding.—Butter a plain mould or basin rather thickly with butter, flour it well, and stick raisins, slices of candied peel, or dried fruit over the inside in rows. Fill the basin with layers of bread and butter, and put between each layer sugar flavoured with lemon-rind, blanched and sliced almonds, and candied peel. Pour over the whole a pint of milk which has been mixed with four well-beaten eggs. Cover the basin closely, and boil or steam the pudding. Time to boil the pudding, half an hour. Sufficient, if made in a quart mould, for five or six persons.

Quince Pudding.—Take six or eight large ripe quinces. Pare, core, and quarter them, and put them into a saucepan, with as much boiling water as will cover them, and let them simmer gently until soft. Press them through a sieve, sweeten the pulp, and flavour with lemon, cinnamon, or ginger. When it is cool, stir into it a pint of thick cream and the well-beaten yolks of three eggs. Line a pie-dish with good puff paste, pour in the prepared quince, and bake in a moderate oven. Sift white sugar thickly over the pudding before sending it to table. Time to bake, about an hour. Sufficient for five or six persons.

Radical Pudding. — Weigh four eggs in the shell. Take this weight in butter, half melt it, and beat it to a cream. Add the eggs well beaten, two tablespoonfuls of sugar, two-thirds of the weight of the eggs in flour, and a little lemon or almond flavouring. Mix the ingredients thoroughly, pour the mixture into a buttered mould. Lay a round of buttered paper on the top, tie the mould in a cloth, plunge it into fast-boiling water, and either boil or steam it till done. Turn it out carefully, and serve with sweet sauce. Time to boil, a little more than an hour. Sufficient for five or six persons.

Raisin Pudding, Baked.—Chop finely six ounces of beef suet. Mix with this three-quarters of a pound of flour, a pinch of salt, the rind of a fresh lemon cut very small, three-quarters of a pound of stoned raisins, and half a teaspoonful of grated nutmeg. Mix the dry ingredients thoroughly, and stir in with them three eggs and as much milk as will make a thick batter. This will be about a quarter of a pint. Pour the mixture into a buttered mould, and bake in a well-heated oven. Turn it out, sift powdered

sugar over it, and it will be ready for serving. Time to bake, one hour and a quarter. Sufficient for four or five persons.

Raspberry Pudding.—Line a buttered basin with suet paste rolled out to the thickness of half an inch. Fill it with fresh raspberries, or with raspberries and red currants mixed, and sprinkle a little sugar over the top. Cover the pudding with pastry, fold the edges securely over, put the basin into a floured cloth wrung out of boiling water, plunge it into a saucepan with boiling water to cover it, and let it boil quickly until done enough. If it is necessary to add water, let it be boiling. Turn the pudding out carefully, cut a small round from the top that the steam may escape, and serve immediately. In winter time very good puddings may be made with bottled raspberries. Time to boil a moderate-sized pudding, two hours to two hours and a half.

Ratafia Pudding, Baked.—Slice four penny sponge-cakes, lay them in a buttered dish, pour a glassful of sherry over them, and let them soak for a little while. Spread a large spoonful of good jam upon them, and pour over them half a pint of good custard flavoured with almonds. Let the pudding stand for half an hour, cover the top with ratafia biscuits, and pour another half-pint of custard over these. Bake in a moderate oven. The custard may be made with three-quarters of a pint of milk, the yolks of four and the white of one egg, two ounces of almonds blanched and pounded, and a tablespoonful of sugar. Time to bake, half an hour. Sufficient for four or five persons.

Recruits' Pudding.—Pound two ounces of sweet almonds to a smooth paste, and add as much new milk as will make a thick batter. Chop finely a pound of suet, and mix with it a pound of finely-grated bread-crumbs. Add the almond milk, a pinch of salt, two tablespoonfuls of sugar, the well-whisked yolks of five eggs, the white of one egg, and a tablespoonful of brandy. Tie the mixture in a floured cloth and boil it, or, if preferred, put the pudding into a buttered dish, and bake it until done enough. Time, two hours and a half to three hours. Sufficient for six or seven persons.

Regent's Pudding. — Grate two ounces of the white meat of a cocoa-nut. Mix with this two ounces of finely-grated bread-crumbs, two ounces of flour, three ounces of finely-chopped beef suet, a tablespoonful of picked and washed currants, a tablespoonful of chopped raisins, and a little sugar. Mix these ingredients thoroughly, and beat them up with two eggs and half a quarter of a pint of milk. Pour the mixture into a buttered basin, put over it a piece of buttered writing-paper, and tie it in a cloth. Plunge it into boiling water, and let it boil quickly until done enough. Turn it out carefully, and before sending to table, pour over it a little custard-sauce, pleasantly flavoured with vanilla. Time to boil, about three hours. Sufficient for three or four persons.

Rhubarb Pudding. — Butter a basin which will hold a pint and a half, and line it with good suet crust rolled out to the thickness of half an inch. Fill it with rhubarb, which has been stewed for a quarter of an hour with a little moist sugar and the rind of half a lemon. Cover the pudding with pastry, rolled out to the same thickness as the sides, pinch the edges securely, tie the pudding in a cloth, and boil in plenty of water until done enough. The water must not cease boiling. Turn the pudding out carefully, and cut a small opening in the top that the steam may escape.

Send sweetened melted butter or a jug of cream and sifted sugar to table with it. Time to boil, two hours. Sufficient for five or six persons.

Rhubarb and Bread Pudding.—Butter a pie-dish thickly, and cover the bottom with a layer of bread-crumbs half an inch thick. Place upon this a layer of rhubarb washed and cut into one-inch lengths, and sprinkle some moist sugar over the fruit. Fill the dish with alternate layers of fruit and bread, and be careful that the sides of the dish are walled with bread-crumbs; let bread form the topmost layer. Lay three or four little pieces of butter here and there on the top of the pudding, and bake in a moderate oven. When time is a consideration the bread may be freed from crust, and laid in the pie-dish in thin slices without being crumbled. Time, half an hour to one hour, according to size. When the rhubarb is soft, the pudding is done.

Rice and Apple Pudding.—Throw half a pound of rice into boiling water, let it boil for ten minutes, drain and dry it. Spread half of it on a pudding-cloth, and lay upon it six or eight apples pared, cored, and sliced, the thin rind of half a lemon, and two tablespoonfuls of sugar. Spread the remainder of the rice over the fruit, draw the cloth loosely over it, and tie it securely. Be careful to allow plenty of room for the rice to swell. Plunge the pudding into boiling water, and keep it boiling until done enough. It will be well to put a plate under it to keep it from sticking. Turn it out carefully, and send to table with a small quantity of sweet sauce poured round the pudding, and more in a tureen. Time to boil, an hour and three-quarters to two hours. Sufficient for six or seven persons.

Rice and Apricot Pudding.—Wash one pound of rice. Drain it, and put it into a saucepan with three pints of boiling milk, a slice of fresh butter, and three tablespoonfuls of sugar. Let it simmer gently for an hour. Pour it out, and when it is partially cooled stir into it three well-beaten eggs. Take a dozen and a half of preserved apricots. Half them, simmer them in a little thin syrup for five minutes, and drain them. Butter a plain pudding mould, and sprinkle bread-crumbs over the butter. Place in the mould a layer of rice an inch thick. Put on this some pieces of apricot, and fill the mould with alternate layers of rice and fruit. Bake the pudding in a moderately heated oven. When it is done enough, turn it out carefully, and serve with a good custard poured round it. If preferred, other fruits may be used instead of apricots. Pine-apple or apple are especially suitable. Time to bake, about an hour. Sufficient for half a dozen persons.

Rice and Macaroon Pudding.—Wash a quarter of a pound of rice, and boil it in a pint and a half of milk till it is tender, and has absorbed the liquor. Boil with it the rind of half a lemon or three or four bitter almonds, to flavour it. Turn it into a basin to cool. Beat three ounces of fresh butter to cream. Mix with this three ounces of powdered sugar, and the well-beaten yolks of four eggs. Stir in the rice, and add the whites of the eggs whisked to a firm froth. Butter a pudding-mould rather thickly. Put in this a layer of rice, then a layer of macaroons, and repeat until the mould is full. Lay a buttered paper on the top of the pudding, tie it in a cloth, and steam until done enough. Turn it out carefully, and send raspberry or red-currant sauce to table with the pudding. About three ounces of macaroons will be required. Time to steam the pudding, two hours. Sufficient for five or six persons.

Rice Pudding.—It is not generally known that the cheap broken rice is better for puddings than the more expensive article. One tablespoonful of this well washed, the usual quantity of milk and sugar, and a pinch of grated nutmeg with a little butter, will make an excellent rice pudding. Bake very slowly. (*See* PLAIN RICE PUDDING.)

Rice Pudding, Baked.—Wash six ounces of rice, and boil it gently in a little more milk than it will absorb. When it is tender without being broken, pour it out, and mix with it a pinch of salt, two tablespoonfuls of sugar, a tablespoonful of finely-shred suet, or, if preferred, a slice of butter, and a little grated nutmeg, or any other flavouring. Let the rice cool, then stir into it one or two eggs, according to the richness required. It will be very good without any. Bake the pudding in a moderately heated oven, and serve with sifted sugar. Time to bake, one hour. Sufficient for five or six persons.

Rice Pudding, Baked, Plain.—Put a small teacupful of rice into a dish, sprinkle a little sugar upon it, and add a little grated lemon-rind or any other flavouring. Pour over it three pints of cold milk, and add a piece of fresh butter the size of a threepenny piece. Put it in a very gentle oven, and bake until it is covered with a bright brown skin. A tablespoonful of currants may be added if liked. Time to bake, three hours (unless the oven is very gentle, the pudding will be dry and burnt). Sufficient for five or six persons.

Rice Pudding, Baked, Small.—Boil a quarter of a pound of rice in a little more than a pint of milk sweetened and flavoured with almonds. When it is soft and thick pour it out, and mix with it three well-beaten eggs. Butter some small cups thickly, and cover the inside with candied peel cut into very small shreds. Half fill them with the rice, and put it in very gently, not to displace the peel. Bake the puddings in a moderate oven. When done enough turn them out, and serve on a neatly folded napkin, and send cream, custard, or wine sauce to table with them. Time to bake, about forty minutes. Probable cost, 1s. Sufficient for five or six persons. Or boil a tablespoonful of rice in a quarter of a pint of milk till tender, then mix with it a little sugar and flavouring, a pinch of salt, and a slice of butter. Peel, core, and slice a good-sized apple, and stew it to a pulp with half a spoonful of water, a small piece of butter, and a little sugar which has been rubbed upon a lemon for a minute or two. Put the apple into a small buttered dish, mix an egg with the rice, and pour it over it. Bake in a moderate oven. Time to bake, a quarter of an hour. Sufficient for one person.

Rice Pudding, Baked, Baron Brisse's.—Wash half a pound of rice, pick out the discoloured grains, and swell it gently but thoroughly in as little milk as possible. Turn it into a bowl, and when cool add the lightly-grated rind of a fresh lemon, a pinch of salt, four ounces of powdered sugar, a slice of butter, and the well-beaten yolks of three eggs. Butter the inside of a copper cake-mould, and sprinkle as many finely-grated bread-crumbs over it as the butter will hold, shake off those which do not adhere, and brush a little butter lightly over those which do. Whisk the whites of the eggs to a firm froth, and at the last moment stir them gradually into the rice. Pour the mixture gently into the mould, that the crumbs may not be displaced, put it into a very gentle oven, and let it remain until

done enough. Turn out carefully, so as not to break the pudding. It ought to look like a well-browned cake. Time to bake, one hour or more. Sufficient for five or six persons.

Rice Pudding, Boiled, Cheap.—Wash a teacupful of rice, drain it, and put it into a dry, unfloured pudding-cloth. Gather the ends together, and tie it loosely, leaving room for the rice to swell to three times its size. Put it into a saucepan of fast-boiling water, and keep it boiling until done enough. If it is necessary to add more water, let it be boiling. When done enough turn it upon a dish, and send sweet sauce to table with it. A little may be poured round it in the dish. This pudding may be pleasantly varied by mixing with the rice half a cupful of washed currants, or Sultana raisins, or prunes, or gooseberries, or apples pared, cored, and quartered. It is well to place a plate under the pudding in the saucepan, to keep it from sticking. Time to boil, one hour and three-quarters. Sufficient for five or six persons.

Rice Pudding, Boiled, Superior.—No. 1. Wash a quarter of a pound of rice, and boil it gently in a pint and a half of milk till it is soft and thick. The milk should be sweetened and flavoured pleasantly with lemon or orange rind, or almond, cocoa-nut, or vanilla. Pour the mixture into a basin, and when cold stir into it a slice of butter, for well-whisked eggs, and a spoonful of brandy—the brandy, however, may be omitted. Pour the pudding into a mould which it will quite fill, lay a buttered paper upon it, tie it in a floured cloth, plunge it into boiling water, and keep it boiling quickly until done enough. Serve with sweet sauce, stewed fruit, cream, or jam. Time to boil, one hour. Sufficient for four or five persons.

No. 2. Boil four ounces of rice in water till it is soft and thick. Put it dry into a mortar, and pound well with a slice of fresh butter, five well-beaten yolks of eggs, three tablespoonfuls of sugar, a pound of picked and washed currants, and a flavouring of lemon, nutmeg, or vanilla. Beat the mixture thoroughly, put it into a floured cloth, plunge it into boiling water, and boil until done enough. Turn the pudding out carefully, and serve with sweet or wine sauce. Time to boil, one hour and a half. Sufficient for four or five persons.

Rice Pudding, Dutch.—Soak four ounces of rice in warm water half an hour, then drain the water from it, and throw the rice into a stewpan with half a pint of milk, half a stick of cinnamon, and simmer till tender. When cold, mix four whole eggs well beaten, with a slice of butter melted in a teacupful of cream (or milk where cream is scarce or dear), and three ounces of sugar, a quarter of a nutmeg, a good piece of lemon-peel, and the rice. Put a light puff paste, or grated tops and bottoms in a mould or dish, spread the rice on this, and bake in a quick oven.

Rice Pudding (French method).—Boil the rice in a quart of new milk till it becomes of the consistency of cream and quite soft, taking care not to stir it from the time it is put on the fire until it thickens. Let it stand to cool until about half an hour before serving. Then beat up the yolks of four eggs, add them to the rice with a little lemon-peel pared very thin, and sweeten with sugar to taste. Set the pudding-dish upon a hot hearth, and brown the top of the pudding with a salamander. This being done, cover the browned top with a thick layer of clarified butter and pounded white sugar. Do it over again with the

salamander, until the butter and sugar are quite brown and candied. This pudding does not require to be baked—it must be put on the hot hearth and prepared, as directed, in the same dish as it is sent to table in. Some add to the ingredients a little nutmeg.

Rice Pudding, Ground.—Beat a quarter of a pound of ground rice gradually to a smooth paste with half a pint of milk. Pour a pint of boiling milk over it, and let it boil for a quarter of an hour stirring it all the time. When it is nearly cold stir it into three ounces of finely-shred beef suet (or, if preferred, use a slice of butter), two tablespoonfuls of sugar, a little grated nutmeg or lemon-rind for flavouring, and from two to four well-beaten eggs. A tablespoonful of brandy may be added if liked. Pour the rice into a well-buttered dish, and bake in a moderate oven. Time to bake, three-quarters of an hour to one hour. Sufficient for five or six persons.

Rice Pudding, Iced.—Wash six ounces of the best Carolina rice, and pick out the discoloured grains. Put it into a saucepan with plenty of water, and boil it until the grains are tender without being broken. Drain it, pour over it half a pint of thick cream, and boil it again until it is very soft. Turn it out, beat well, sweeten and flavour it with lemon, nutmeg, vanilla, or almonds. Put it into a plain mould, and freeze it until it is sufficiently firm. Serve it on a neatly-folded napkin. Time to boil the rice about two hours. Sufficient for four or five persons.

Rice Pudding, Rich.—Wash six ounces of rice, and boil it in as much water as will thoroughly cover it for twenty minutes. Drain it, and beat it up with a pinch of salt, a slice of fresh butter, a quarter of a pint of cream, a quarter of a pound of picked and dried currants, a tablespoonful of brandy, a flavouring of nutmeg, cinnamon, or lemon-rind, and four well-beaten eggs. Pour the mixture into a buttered dish, and bake in a moderate oven. Send sifted sugar to table with it. Time to bake, one hour. Sufficient for five or six persons.

Rice Pudding, Rich (Soyer's recipe).—Put half a pound of washed rice into a stewpan, with three pints of milk, one pint of water, three ounces of sugar, the peel of one lemon, one ounce of fresh butter; boil gently for half an hour, or until the rice is tender; add four eggs well beaten, mix well, and bake quickly for half an hour, and serve. The pudding may be steamed if preferred.

Rice Pudding, with Jam.—Wash four ounces of rice, and drain it. Put it into a saucepan with a pint of milk, and let it simmer gently for half an hour. Add two ounces of fresh butter, and simmer again until it is quite soft. Pour it out, sweeten, and flavour with any agreeable flavouring, and beat it up with two well whisked eggs. Turn it into a plain mould, well-buttered, and bake in a gentle oven. Turn it out before serving, and garnish with any bright-coloured jam spread round or upon it. Time to bake, half an hour. Sufficient for four persons.

Rice Puddings, Savoury.—No. 1. Boil half a pound of rice in a quart of milk till it is tender without being broken. Pour it into a bowl, and mix with it a pinch of salt, a teaspoonful of white pepper, a teaspoonful of dry mustard, three tablespoonfuls of grated cheese, and three eggs. Beat the pudding well, turn it into a buttered dish, and bake in a well-heated oven. Sufficient for five or six persons. Time to bake, about one hour. No. 2. Boil half a pound of rice in a quart of milk till it is tender and has absorbed the liquor. Turn it

into a bowl, and when cool mix with it a teaspoonful of salt, a teaspoonful of white pepper, a dessertspoonful of shred parsley, and two moderate-sized onions which have been boiled till tender and pounded with a slice of fresh butter. Mix these ingredients thoroughly, and add three well-beaten eggs. Turn the pudding into a buttered dish, and bake in a well-heated oven. Time to bake, three-quarters of an hour to one hour. Sufficient for five or six persons.

Richmond Puddings.—Bake three large apples. Scrape out every particle of pulp, free from skin and core, and mix with it two ounces of fresh butter, four ounces of finely-grated bread-crumbs, three tablespoonfuls of sugar, a little grated nutmeg or rasped lemon-rind, add half a pint of cream or milk, the yolks of four and the whites of two eggs. Mix thoroughly. Butter some cups, half fill them with the mixture, sprinkle a few bread-crumbs over the top, and bake in a well-heated oven. When done enough, turn the puddings out carefully upon a hot dish, sift powdered sugar over them, and send a light custard to table with them. Time to bake, twenty minutes. Sufficient for five or six persons.

Roly-Poly Pudding.—Make some suet crust with one pound of flour, roll it out till it is moderately thin and let it be longer than broad; spread jam over it to within half an inch of the edge all round, wet the edges, roll the pudding up to make it like a bolster, press the edges together, and roll it in a cloth that has been wrung out of boiling water and floured. Tie the ends of the cloth securely close to the pudding, plunge it into boiling water, and keep it boiling without ceasing for an hour and a half. Let it cool a minute, turn it upon a dish, and send sweet sauce to table with it. If preferred, treacle can be substituted for the jam in this recipe. It is a good plan to put an old plate under the pudding in the saucepan to keep it from sticking.

Rotterdam Pudding, Rich.—Beat four ounces and a half of fine flour to a smooth paste with half a pint of milk, and add four ounces and a half of sugar, and a small pinch of salt. Blanch and pound four ounces and a half of sweet almonds, and whilst pounding drop in a little cold water to keep them from oiling. Put four ounces and a half of butter into a saucepan with half a pint of milk. Let it remain until the butter is melted, then stir in the paste of flour and milk, and keep stirring the mixture over the fire until it boils and becomes thick, when it may be poured out to cool. Add the blanched and pounded almonds, then stir in first the well-beaten yolks of nine eggs, and afterwards the whites of the eggs whisked till firm. Beat the pudding briskly for a few minutes, pour it into a buttered basin which it should fill, tie it in a cloth, and let it boil without ceasing until done enough. Turn it out carefully, and send wine sauce to table with it. Time to boil, one hour and a half. Sufficient for six or eight persons.

Rusk Pudding.—Take three ounces of thin rusks. Spread a little jam between every two, and press them closely together. Arrange them neatly in a buttered mould, and pour over them a custard made with a pint of milk (or half milk and half cream), the yolks of four eggs, and a little sugar and flavouring. Let the rusks soak for an hour, then steam the pudding, and when done enough, serve on a hot dish with wine or arrowroot sauce poured round it. Time to steam the pudding, about two hours. Sufficient for half a dozen persons.

Sago Pudding (a German recipe).—Take four ounces of sago,

and boil in a quart of milk. When the sago is sufficiently thick and tender, remove it from the fire, and stir in a quarter of a pound of creamed butter, *i.e.*, butter that has been beaten to a cream, four ounces of biscuit powder, four ounces of sugar, the peel of a lemon grated, and six or eight eggs beat up. Butter a mould, pour this preparation in, and bake or boil. Send to table with a wine or raspberry sauce poured over the pudding.

Sago Pudding, Baked.—Wash three tablespoonfuls of sago, and soak it for an hour in half a pint of cold water. Meantime put a pint and a half of milk into a saucepan with a little lemon-rind, an inch of stick cinnamon, or an ounce of blanched and pounded almonds, and let it simmer gently till it is pleasantly flavoured. Strain and sweeten; mix with it the soaked sago drained from the water, and simmer gently, stirring frequently till the preparation is thick. Let it cool, then add two well-beaten eggs and a slice of fresh butter, and beat it again for a few minutes. Pour it into a buttered pie-dish, and bake until the surface is brightly browned. Serve with wine sauce. If a superior pudding is required, four eggs may be used instead of two, and the dish may be lined with puff paste before the sago is poured into it. Time to bake the pudding from three-quarters of an hour to an hour. Sufficient for five or six persons.

Sago Pudding, Boiled.—Put a pint of milk into a saucepan with the thin rind of half a lemon, and let it simmer gently until it is pleasantly flavoured. Strain it, mix with it three tablespoonfuls of well-washed sago and two tablespoonfuls of sugar, and then boil the mixture, stirring gently till it is thick and smooth. Let it cool, then add two well-beaten eggs. Turn it into a well-buttered basin, which it will quite fill, lay a buttered paper on the top, and tie a floured cloth securely over it. Plunge it into a saucepan with plenty of boiling water, and keep it boiling till done enough. Move it about occasionally for the first quarter of an hour. Let it stand in the basin a few minutes, then turn it out carefully, and garnish with jam, or send wine sauce to table with it. Time to boil, one hour. Sufficient for four or five persons.

Sago Pudding, Boiled (superior).—Soak an ounce and a half of sago for an hour. Strain it, and boil it in a pint of milk till it is clear, and to flavour it add an ounce of blanched and pounded almonds, the thin rind of a lemon, or an inch of stick cinnamon. Pour the sago out, remove the flavouring ingredients, and stir till cool. Beat it up with two sponge-cakes sufficiently stale to be crushed to powder, the well-whisked yolks of five and the whites of two eggs, a little sugar, and a glassful of sherry or madeira. Boil the pudding as in the last recipe. Let it stand three or four minutes, turn it out carefully, and serve with wine sauce or with half a pint of any fresh fruit boiled with sugar and water to a rich syrup, and strained over the pudding. Time to boil, one hour. Sufficient for four or five persons.

Saratoga Pudding.—Put a pinch of salt into two tablespoonfuls of flour, add three tablespoonfuls of sugar, and work the whole into a smooth paste by beating it briskly with three fresh eggs. Add gradually a quart of hot milk, pour the batter into a buttered dish, and bake in a quick oven. Time to bake, about twenty minutes. Sufficient for five or six persons.

Saucer Pudding (suitable for a child or invalid).—Mix a teaspoon-

ful of flour to a smooth paste with a little cold milk, and stir into this as much boiling milk as will make up the quantity to a teacupful. Let the liquor cool, then add a well-beaten egg and a little sugar and flavouring. Pour the preparation into a large buttered saucer, and bake in a well-heated oven. When done enough, turn the pudding upon a plate, and serve with jam, or with a little sherry if preferred. Time to bake, twenty minutes. Sufficient for one person.

Save-all Pudding.—Put any scraps of bread there may be into a bowl, and over a quarter of a pound of these pour a pint of boiling milk. Let the bread soak till soft, then beat it well with a fork till no lumps remain. Add, whilst beating, two eggs, two tablespoonfuls of finely-chopped suet, or a slice of butter or dripping, two tablespoonfuls of picked currants, two tablespoonfuls of powdered sugar, and a quarter of a nutmeg, grated, or any other suitable flavouring. Two apples, pared, cored, and quartered, may be added to the pudding or not. Pour the mixture into a buttered dish, and bake in a well-heated oven. When the pudding is set and nicely browned on the surface it is done enough. Time to bake, an hour or more. Sufficient for five or six persons.

Savoy Pudding. — Rub six ounces of stale savoy cake to crumbs, and pour upon these a quarter of a pint of boiling milk. Let them soak for half an hour, then beat the mixture with a fork till smooth, and add four ounces of fresh butter, four ounces of finely-shred candied peel, the well-beaten yolks of four eggs, two tablespoonfuls of sugar, and two tablespoonfuls of brandy. Beat the mixture for some minutes, put it into a cool place for an hour, and beat it up again. Put it into a buttered dish, and bake in a brisk oven. Whisk the whites of the eggs till firm, sweeten them, and flavour them pleasantly. Put them on the pudding, and place this in the oven a few minutes longer, but do not let it get brown. When the eggs are set the pudding is ready for serving. Time to bake the pudding, half an hour. Sufficient for four or five persons.

Saxon Pudding. — According to high authority, this is one of the best puddings of Germany. Boil a gill of milk, put into a stewpan half a pound of flour. Gradually dilute the flour with the milk, so as to obtain a fine smooth paste. Add four ounces of butter and salt to taste. Place the saucepan on a moderate fire, stir the preparation till it begins to thicken, then take it off the fire, but continue still working it. When the paste is smooth, place it again on the fire, working it still, and gradually introduce into it the yolks of ten eggs, four ounces of oranged sugar (that is, sugar that has been rubbed on the rind of an orange), four ounces of butter, and a little salt. When the preparation is frothy, introduce seven or eight whipped whites of eggs. Pour the preparation into a dome or a cylinder mould which has been buttered and glazed with sugar and potato-flour. Set the mould in a stewpan with boiling water reaching to half its height. Bake in a slack oven for forty minutes.

Schodoh Pudding.—The following recipe for German pudding with schodoh (chaudeau) is given by a trustworthy authority:—Take two quarts of grated bread-crumbs, pour over them as much cream as will wet them; beat six ounces of butter in a deep pan to cream, to which add six eggs, one at a time every five minutes; to this add four ounces of sugar, two ounces of almonds, blanched and chopped fine, two ounces of preserved lemon, also chopped, four ounces of currants, and four ounces of stoned

raisins, and lastly, the bread-crumbs; beat and mix all well together; butter a pudding-cloth or shape, strew it with flour, and boil it two hours over a moderate fire. A quarter of an hour before it is wanted, take the pudding off the fire. In the meantime, prepare the schodoh as follows:—Have ready the yolks of twelve eggs beat up, to which add six spoonfuls of pounded sugar, the juice of a lemon, and a pint of Austrian wine; set it on the fire, and beat it with a whisk till the whole thickens and forms a fine bubbling sauce. When it has reached this point, remove it, as by remaining longer it will curdle, to prevent which it is best to put the saucepan into cold water and keep beating the preparation all the time; lift the pudding out, put it into a deep dish, and pour the schodoh over it. The pudding may be made by substituting six ounces of marrow chopped fine instead of butter. The schodoh may also be poured into cups, and eaten separately.

Semolina Pudding.—Put a pint and a half of milk into a saucepan with three tablespoonfuls of semolina. Put the saucepan on the fire, and stir the milk occasionally till it boils and the semolina swells. Let it cool, then stir into it two well-beaten eggs, and add moist sugar to sweeten it. Butter a quart pie-dish, pour the mixture into it, grate a little nutmeg over the top, and bake in a well-heated oven. When the pudding is set, and a coloured skin forms on the top, it is done enough. It will take about three-quarters of an hour.

Semolina Pudding (another way).—Take a pint and a half of milk; when boiling drop into it three tablespoonfuls of semolina, and stir all together for about fifteen minutes; throw in two ounces of butter, and three ounces and a half of sifted sugar, with the grated rind of a lemon. Whilst the semolina still remains hot, beat gradually and briskly into it four eggs. Bake in a moderate oven. Time to bake, half an hour.

Semolina Pudding, Baked.—Flavour a pint and a half of milk with almonds or lemon-rind. Put it into a saucepan, let it boil up, and drop into it, when boiling, three tablespoonfuls of semolina, two tablespoonfuls of sugar, and an ounce of fresh butter. Stir the mixture over the fire till it thickens a little. Pour it out, let it cool, and add gradually four well-beaten eggs. Line a pie-dish half way down with good pastry, butter the bottom, pour in the mixture, and bake the pudding in a moderate oven. If a plain pudding is required, two eggs only need be used. Stewed fruit or wine sauce can be served with the pudding. Time to bake, about half an hour, or till set. Sufficient for four or five persons.

Shropshire Pudding.—Take half a pound of stale brown bread, and grate it finely. Mix with the crumbs half a pound of finely-chopped beef suet, six tablespoonfuls of moist sugar, half a nutmeg, grated, the strained juice and minced rind of a fresh lemon, and the well-beaten yolks of four and the whites of two eggs. A spoonful of brandy may be added or not. Mix the ingredients thoroughly, and turn the mixture into a buttered mould. Tie it in a cloth, plunge it into fast boiling water, and keep it boiling quickly until done enough. A little melted butter, sweetened and flavoured with brandy, may be sent to table with it. Time to boil, four hours. Sufficient for five or six persons.

Snowdon Pudding.—Chop four ounces of beef suet very finely, and mix with it a pinch of salt, two

tablespoonfuls of pounded sugar, one ounce of sago, three ounces of orange marmalade, half a pound of grated bread-crumbs, three well-beaten eggs, and a dessertspoonful of brandy. Beat the ingredients together till the mixture is quite smooth. Butter a mould thickly, dredge a little flour upon it, and stick into it even rows of raisins. Put the pudding into it very gently, and in tablespoonfuls, not to disturb the raisins, lay a round of oiled or buttered paper on the surface, and tie the pudding in a cloth. Boil or steam it till done. Let it stand a few minutes after it is taken up before turning it out. Send wine sauce to table with it. If liked, two tablespoonfuls of apricot jam may be substituted for the marmalade, and a tablespoonful of ground rice for the sago. Time to boil the pudding, about an hour. Sufficient for four or five persons.

Souse Pudding.—Take two eggs, with their weight in flour and sugar. Whisk the eggs with the sugar, and when the puddings are about to be put into the oven, add the flour. Beat the mixture till it is light, frothy, and perfectly smooth, put it into small buttered cups, and bake these in a moderate oven. When done enough, turn the puddings out carefully, sift sugar over them and serve. A little flavouring, such as lemon, almond, or vanilla, will be an agreeable addition. Time to bake, about twenty minutes.

Spanish Pudding.—Cut half a dozen penny sponge-cakes into thin slices lengthwise. Butter a pie-dish rather thickly, sift powdered sugar on the butter, and line the inside of the dish evenly and neatly with the slices. Press them with the hand to keep them in position. Afterwards fill the dish with alternate layers of sliced sponge-cake and apricot jam, and pour into it as much sherry as the cakes will absorb. Beat four eggs briskly, pour them over the cakes, and bake the pudding in a slow oven. When it is set, take it out, let it cool, and turn it out carefully. Have ready the whites of the eggs beaten to a firm froth, pile them on the pudding, and sprinkle a little powdered sugar with the froth. Put it in the oven to set the egg, but do not let it brown, and serve the pudding with custard sauce poured round it. Time to bake the pudding, from fifteen to twenty minutes. Sufficient for half a dozen persons.

Sponge-Cake Pudding.—Take three or four stale sponge biscuits, or an equal quantity of stale sponge-cake, cut it into slices, put these into a thickly-buttered dish, and pour upon them a pint and a half of boiling milk which has been sweetened and flavoured with a tablespoonful of brandy, and with lemon or almond flavouring. Cover the dish with a plate, and let the pudding soak for an hour. Beat it up with a fork, stir into it three or four well-beaten eggs, pour some clarified fresh butter upon the top, sift powdered sugar on the surface, and bake the pudding in a gentle oven. If liked, cream may be used instead of milk. Time to bake, about three-quarters of an hour.

Strawberry and Custard Pudding.—Take four ounces of finely-grated bread-crumbs. Place four tablespoonfuls of strawberry jam in a buttered pie-dish, cover this with the bread-crumbs, and add some good, nicely-flavoured custard made with a pint of milk, three eggs, and a little sugar. Stir the custard over the fire till it begins to thicken, pour it gradually upon the bread-crumbs, and bake the pudding in a moderately-heated oven. Time to bake, half an hour. Sufficient for four or five persons.

Strawberry Hydropathic Pudding. — (*See* HYDROPATHIC PUDDING.)

Suet Dumplings. (*See* PASTE, SUET, FOR PUDDINGS.)—Suet dumplings are really suet paste, made plain or rich, rolled into balls, and boiled in a cloth, or they may be thrown into boiling water without a cloth when very small. The paste mixture, however, in the case of dumplings may be varied by adding a few bread-crumbs, which makes the dumplings lighter. Eggs can be added, and also milk used instead of water.

Suet Pudding.—Trim away all skin and fibre, and chop the suet as finely as possible. Put it into a basin, and with half a pound of suet mix thoroughly one pound of flour, a teaspoonful of baking-power, and a pinch of salt. Add cold water to make a *stiff* paste. Wring a pudding-cloth out of boiling water, flour it well, and put the paste into it. Tie it securely with string, remembering to leave room for the pudding to swell, and plunge it into plenty of fast-boiling water. Boil for two hours, and longer if convenient. This pudding will be lighter if made with equal portions of stale bread-crumbs and flour rather than with flour alone. For the sake of variety, a little grated lemon-rind and the juice of a lemon, or a little grated ginger may be put with it to flavour it.

Summer Pudding.—Beat five tablespoonfuls of flour smoothly with a quarter of a pint of milk. Add gradually three-quarters of a pint of boiling milk, and boil the mixture, stirring it all the time, for five minutes. Pour it out, and let it become partially cool, then add two fresh eggs and half a teacupful of sugar. Beat the batter briskly for a few minutes, and stir in a teacupful of fresh summer fruit of any kind. Put the mixture into a buttered bowl, tie it securely in a floured cloth, plunge it into boiling water, and keep it boiling quickly till done enough. Turn it out, and serve immediately. Send sweet sauce or powdered sugar to table with it. Time to boil, an hour and a half. Sufficient for four or five persons.

Sussex Pudding.—Mix ingredients as for ordinary suet pudding. Make it into a stiff paste with cold water, and knead it well. Roll it to the shape of a bolster, tie it in a cloth, plunge it into boiling water, and let it boil quickly for an hour. Take it up, cut it into slices the third of an inch thick, and put these into the dripping-tin under a roasting joint. When they are slightly browned and soaked with dripping, serve them with the meat. Time to soak in the dripping, about twenty minutes. Sufficient for four or five persons.

Swiss Pudding, Plain. — Take half a dozen large baking apples, pared, cored, and sliced, and half a pound of finely-grated bread-crumbs. Butter a pie-dish, and cover the bottom with a layer of bread-crumbs. Add a layer of sliced apples, and sprinkle over these a little grated nutmeg or lemon-rind, and a large spoonful of moist sugar. Fill the dish with alternate layers of bread-crumbs and apples, and let crumbs form the uppermost as well as the lowest layer. Place little pieces of butter here and there on the top of the pudding, and pour half a cupful of water and the juice of the lemon upon it. Bake in a moderate oven. When the surface of the pudding is brightly browned, and the apples have fallen, it is done enough. Serve with fine-powdered sugar. If liked, six ounces of beef-suet finely chopped may be substituted for the butter, and the ingredients may be mixed thoroughly, put into a buttered

mould, and boiled instead of being baked. Time to bake, about two hours, less or more according to the quality of the apples; to boil, four hours. Sufficient for four or five persons.

Swiss Cocoa-nut Pudding.—Chop a quarter of a pound of beef suet very finely. Mix with it a quarter of a pound of finely-grated bread-crumbs, and add two ounces of grated cocoa-nut, six ounces of strawberry or any other jam, and a quarter of a pound of powdered sugar. Beat two eggs with the milk of the cocoa-nut, or three tablespoonfuls of milk. Pour this liquor over the pudding, and let it stand to soak for an hour. Butter a mould thickly. Beat the pudding till the ingredients are thoroughly mixed, and put it into the mould. Tie it in a cloth, plunge it into fast-boiling water, and boil quickly until done enough. Turn it out, sift powdered sugar thickly upon it, and serve. Time to boil, three hours and a half. Sufficient for four or five persons.

Tadcaster Pudding.—Chop eight ounces of suet very finely, and mix it with a pound of flour; or, if preferred, rub six ounces of butter or good beef dripping into a pound of flour. Add a pinch of salt, two heaped teaspoonfuls of baking-powder, four ounces of well-washed currants, four ounces of chopped and stoned raisins, two ounces of moist sugar, and half a nutmeg, grated. Mix the dry ingredients together thoroughly. Dissolve a dessertspoonful of treacle in about three-quarters of a pint of milk, and stir this into the pudding to make a stiff batter. Pour the mixture into a thickly-buttered baking-dish, and let it be from two to three inches in thickness. Bake in a moderate oven. When the pudding is done enough, let it stand for a couple of minutes, then turn it out on a hot dish. Time to bake, about an hour and a half. Sufficient for half a dozen persons.

Tapioca Pudding, Baked.—Wash the tapioca, and allow for puddings as a rule about four tablespoonfuls of tapioca to a quart of milk or water. Boil the tapioca in a saucepan, sweeten it, pour it into a pie-dish, add a little butter, about an ounce, and, if the pudding is wished rich, one, two, or three eggs can be beaten up and put to it. Grate a little nutmeg over the top, and bake in the oven for an hour.

The pudding can be flavoured with lemon-peel by rubbing the sugar on the rind, or with powdered cinnamon, nutmeg, essence of almonds, vanilla, &c.

Tapioca Pudding, Boiled.—Proceed as for baked pudding, only pour it into a mould and either boil or steam it; turn it out and serve with some sweet sauce. (*See* Sweet Sauce.) Flavour as before.

Tapioca and Apple Pudding.—Wash a teacupful of tapioca, and soak it for an hour in a quart of cold water. Put it into a saucepan, set it on the fire, let it boil, then simmer it gently until it is smooth and clear, stirring it frequently to keep it from getting into lumps. Half fill a moderate-sized pie-dish with cooking apples, pared, cored, and cut into thin slices. Bake these in a moderate oven until they are slightly softened, then sweeten the tapioca, flavour it in any way that may be agreeable, and pour it over the fruit. Bake the pudding until the apples have fallen. Any other fruit may be substituted for apples, such as strawberries, red currants, raspberries, &c. The pudding may be served, or in summer-time may be made with fresh fruit, turned out in a mould, and when cold eaten with milk or cream. Time, about one

hour to bake the pudding. Sufficient for five or six persons.

Town Pudding. — Chop six ounces of suet finely. Mix with it half a pound of fine bread-crumbs, half a pound of chopped apples, weighed after being pared and cored, six ounces of moist sugar, and a little grated lemon rind. Press the mixture lightly into a buttered mould, tie a floured cloth over the top, and boil the pudding for four hours. It will not need any moisture. Let it stand a minute or two, turn it out carefully, and send wine sauce to table with it.

Transparent Pudding. — Whisk eight eggs thoroughly. Put them into a saucepan with half a pound of powdered sugar, half a pound of fresh butter, and any flavouring that may be preferred, either grated lemon-rind, grated nutmeg, or almond flavouring. If fresh lemon-rind is used, a little lemon-juice may be added as well. Stir the mixture over the fire until it thickens, then pour it out to cool. Line the edges of a buttered baking-dish with good pastry, pour in the mixture, and bake the pudding in a moderate oven. It may be served either cold or hot. A little powdered sugar should be sifted over the pudding before sending it to table. Time to bake, three-quarters of an hour. Sufficient for four or five persons.

Treacle Pudding. — Clear a quarter of a pound of suet from skin and fibre, and chop it until it looks like fine oatmeal. Mix with it half a pound of fine flour, a teaspoonful of moist sugar, an even teaspoonful of baking-powder, and half a pound of treacle. Add milk to make a *thick* batter. Grease a plain mould, pour in the mixture, and lay a greased paper on the top of the pudding. Steam for three hours.

Tunbridge Puddings.—Boil a pint of new milk, and as it rises in the pan stir into it gradually as much flour as will make a thick batter. Beat it until quite smooth, pour it out, and when cold add three well-beaten eggs, a tablespoonful of sugar, and two or three drops of almond ratafia or any other flavouring. Throw the batter in spoonfuls on a large floured plate, dredge the surface well with flour, and drop the puddings into hot lard or clarified fat. Fry them till they are lightly and equally browned, and serve on a hot dish with white sugar sifted thickly over them. Time to fry, until brown. Sufficient for five or six persons.

United States Pudding.— Boil three-quarters of a pint of new milk with three ounces of fresh butter and half a teacupful of sugar. Stir in six ounces of Oswego, pour the pudding into a bowl, and beat it briskly for some minutes. When it is almost cold, mix with it first the yolks, and afterwards the well-whisked whites of four eggs. Butter a pudding-basin, and fill it with alternate layers of the corn-flour paste thus prepared and jam, and let paste constitute the uppermost and undermost layers. Lay a round of oiled paper on the top of the pudding, and steam it over fast-boiling water till done enough. If preferred, the pudding may be baked in a brisk oven, instead of being steamed. Serve with wine or brandy sauce in a tureen. Time to steam the pudding, one hour and a half; to bake it, three-quarters of an hour.

Upton Pudding. — Butter a pie-dish thickly, and put into it a teacupful of large-grained sago. Add two tablespoonfuls of sugar and a little grated lemon or nutmeg. Nearly fill the dish with *boiling* water (milk is better if it is to be had). Pare and core two large

apples, and slice them into the pudding; place a lump of butter upon it, and bake in a gentle oven. This pudding may be eaten cold or hot. Time to bake the pudding, about two hours. Sufficient for five or six persons.

Uxbridge Plum Pudding (excellent).—Chop a half-pound of suet very finely, mix with it half a pound of flour, half a pound of sugar, half a pound of mashed potatoes, half a pound of grated carrots, three-quarters of a pound of picked and dried currants, two ounces of minced candied peel, and a little grated nutmeg. Mix the ingredients thoroughly. Press them into a buttered basin or mould, which they should quite fill; cover the mould with buttered paper, and tie it tightly in a cloth. Plunge it into boiling water, and keep it boiling quickly until done enough. A quarter of an hour before the pudding is wanted take it up, and before turning it out of the basin put it into the oven. This will remove any moisture it may have acquired in boiling, and cause it to turn out better. Send brandy or wine sauce to table with it. Time to boil the pudding, fully six hours. Sufficient for six or eight persons.

Vanilla Custard Pudding.—Flavour a pint of milk by soaking a quarter of a pod of vanilla in it for some time, or add a few drops, say six, of essence of vanilla. Boil the milk, and pour it whilst boiling on four eggs which have been lightly beaten in a basin. Strain the custard, let it cool, and add sugar to taste; three good-sized lumps will be enough. Pour the pudding into a buttered mould. Lay an oiled paper on the top, put it in a stewpan with water to reach half-way up the mould, and steam gently until done enough. Let it stand a few minutes after it is taken up before turning it out. Put it on a dish, garnish with preserved fruit, and pour dissolved fruit jelly round it. If liked, the pudding may be baked instead of being steamed. Time to *set* the pudding, half an hour in the oven. Sufficient for five or six persons.

Vegetable Pudding, Economical and Good.—Chop six ounces of good beef suet very finely. Mix with it half a pound of the inside of potatoes baked in their jackets, and add half a pound of the red part of carrots finely scraped, two ounces of candied peel finely shred, four tablespoonfuls of moist sugar, and a little salt. Mix these ingredients thoroughly, and moisten with two well-beaten eggs. Tie the pudding in a cloth, plunge it into boiling water, and boil quickly till done enough. Turn it out carefully, and serve with sweet sauce, to which a little brandy may be added, if liked. Time to boil the pudding, two and a half hours.

Vermicelli Pudding.—Flavour a pint and a quarter of milk with lemon, cinnamon, or vanilla, and drop into it when boiling four ounces of vermicelli; crush it slightly with one hand whilst sprinkling it in, and stir it to keep it from gathering in lumps or burning. Let it boil gently, stirring it frequently, till it is tender and very thick. Pour it into a bowl, sweeten it to taste, stir a lump of butter into it, and when it is cool add two eggs, lightly beaten. Turn it into a buttered pie-dish, and bake it in a moderately-heated oven till it is brown on the top. A teaspoonful of brandy and a little cream will improve the pudding, or, for economy's sake, one egg may be used instead of two, and the butter may be omitted.

Vermicelli Pudding, Boiled.—Put four ounces of fresh vermicelli into a saucepan with a pint and a quarter of milk. Bring

it gently to the boil, and simmer it, stirring all the time, till it is tender, and the milk thick. It will take from ten to fifteen minutes. Pour it into a bowl, let it cool, sweeten it, and flavour with lemon and nutmeg. Add a pinch of salt, and stir in gradually three well-beaten eggs. Butter thickly the inside of a mould. Stick raisins here and there upon it, and pour in the vermicelli and milk very gently, so as not to disturb the raisins. Let the mould be quite full. Place a round of buttered paper on the top, tie the pudding firmly in a floured cloth, plunge it into a sauce-pan of fast-boiling water, and keep it boiling quickly till done enough. Move it occasionally for the first quarter of an hour to prevent any of the ingredients from settling to the bottom. As the water boils away add more, *boiling*. Let the pudding stand four minutes after it is taken out of the water, and place it on a hot dish. Pour sweet sauce round it, and serve. If more convenient, the pudding may be steamed instead of being boiled. Time, one hour and a quarter to boil, or rather longer to steam the pudding. Sufficient for four or five persons.

Vice-Chancellor's Pudding.—Boil a quarter of a pint of milk and a quarter of a pint of cream with a dessertspoonful of sugar and a small strip of lemon-rind. If liked, milk only should be used. Strain it over a slice of crumb of bread, and let it stand till the bread has absorbed it. Beat it lightly with a fork, and add the yolks of two eggs, the white of one, a tablespoonful of brandy, a little grated nutmeg, and sugar to sweeten it. Pour the pudding into a well-buttered shape which it should quite fill; place a round of buttered paper on the top, tie it in a cloth, and boil till done enough. Let it stand for a minute or two, and turn it out. Time to boil the pudding, half an hour.

Victoria Pudding.—Boil a little piece of stick vanilla in a pint of milk till it is flavoured, or use a few drops—say six—of essence of vanilla, strain it upon six ounces of finely-grated bread-crumbs, and add three tablespoonfuls of sugar, one tablespoonful of brandy, and three well-beaten eggs. Butter a mould thickly, flour it, and ornament tastefully with dried cherries, slices of preserved citron, or stoned raisins. Pour in the pudding quite cold, put a plate upon it, and steam it over boiling water. Let it stand two or three minutes, turn it upon a hot dish, and serve with sweet sauce, or with melted red-currant jelly poured round it. Time to steam the pudding, one hour and a quarter. Sufficient for four or five persons.

Victoria Pudding, Superior.—Chop finely half a pound of sound beef suet free from skin and fibre, put it into a bowl, and mix with it a quarter of a pound of finely-grated bread-crumbs, six ounces of dried flour, four ounces of apples (weighed after they have been pared, cored, and chopped), four ounces of apricot jam, three ounces of finely-shred candied citron, three ounces of dried cherries, and a quarter of a pound of sugar. Mix these ingredients thoroughly, and stir into them five well-beaten eggs, half a pint of cream or milk, and two tablespoonfuls of brandy. Put the mixture into a buttered mould, which it should quite fill, tie it in a floured cloth, plunge it into boiling water, and keep it boiling quickly until done enough. Let it stand three or four minutes, turn it upon a glass dish, and serve with brandy sauce. Time to boil the pudding, one hour and a half. Sufficient for six or seven persons.

Viennoise Pudding.—Take five ounces of stale bread, and cut it into very small pieces. Pour a glass of sherry on this, and with the wine a pint of milk that has been coloured darkly with sugar browning. If a superior pudding is required, a mixture of milk and cream may be used, but there must be a pint of liquid together. Let the bread soak for awhile, then beat it well with a fork, and add three ounces of sultana raisins, three ounces of moist sugar, two ounces of candied peel chopped small, and the grated rind of a lemon. Mix thoroughly. Beat the yolks of one, two, three, or four eggs in a bowl, and add them to the pudding. If one or two eggs only are used, a teaspoonful of flour should be stirred into the pudding to bind it together, or it will not turn out. Put the mixture into a well-buttered mould, lay a round of buttered paper on the top, and steam it for an hour and a half. When it is firm in the centre it is done enough. Let it stand a minute before turning it out. Sweet sauce or brandy sauce may be served with this.

Virginia Pudding.—Butter a plain quart pudding-mould rather thickly, then stick dried cherries, fine raisins, or strips of candied peel in regular rows on the inside, place a slice of soaked bread-crumb over the fruit, and three-parts fill the inside with alternate layers of thin bread and butter and currants and grated nutmeg. Pour in as much custard as the bread will absorb; let the pudding soak for an hour, and steam it over boiling water, or bake in a moderate oven. Turn out before serving, and send sweet sauce to table in a tureen. Time to steam, one hour and a half. Sufficient for five or six persons.

Welsh Pudding, Modern (sometimes called Quaker's Pudding).—Take half a pound of fresh beef suet free from skin and fibre. Chop it small, and mix with it half a pound of finely-grated bread-crumbs, half a pound of sugar, the grated rind of a large fresh lemon, and the juice of two. Mix these ingredients thoroughly, and bind the mixture together with two eggs well beaten. Put it into a buttered mould, place it in boiling water, and keep it boiling quickly until done enough. Turn it out carefully, and serve. Time to boil the pudding, four hours. Sufficient for half a dozen persons.

West Country Pudding.—Take a quarter of a pound of good baking apples, weighed after they are pared and cored. Mince them finely, and mix with them a quarter of a pound of currants picked and dried, a quarter of a pound of finely-grated bread-crumbs, three tablespoonfuls of moist sugar, and two well-beaten eggs. Press the mixture into a buttered mould which it should quite fill, plunge it into boiling water, and keep it boiling quickly till done enough. Send sweet sauce to table with it. If liked, cold boiled rice which has been drained from the milk in which it was boiled may be used instead of bread-crumbs. Time to boil the pudding, one hour and a half. Sufficient for four or five persons.

West Indian Pudding.—Take a quarter of a pound of stale sponge biscuits, crumble them into a bowl, and pour upon them half a pint of boiling cream nicely sweetened. Let them soak for an hour. Beat the mixture with a fork, and add three well-beaten eggs. Butter a small pudding-mould. Line it with preserved ginger cut in thin slices, and fill it with the pudding, placed gently into it by spoonfuls so as not to disturb the ginger. Cover it, and tie securely in a cloth. Put it in a saucepan upon a plate turned upside down, surround it with about three

inches of boiling water, and keep the water boiling. When done enough, turn it out, and serve with the syrup from the ginger made hot, and poured over it. Sufficient for three or four persons. Time, one hour and a half to steam the pudding.

Wholesome-fare Pudding.—This favourite bread-and-butter pudding may be thus made:—Cut some thin slices of bread and butter; butter a dish, and lay slices all over it. Strew on a few currants picked and washed clean, a little grated nutmeg and cinnamon pounded or in small pieces; then a row of bread and butter, then a few currants again, with the spice as before, and so on, till the dish is full. Sweeten some milk according to the size of the dish, and beat up three eggs, a little salt, and a little more nutmeg, grated. Mix them all together, pour it over the bread, and bake it. Three rows of bread and butter are sufficient for a dish of a moderate size, as it swells considerably. Slices of bread and beef suet chopped fine will answer the purpose of bread and butter for a family pudding. Let it stand an hour after the milk has been put to it before it is put into the oven. More eggs may be added, and cream used instead of milk, if it is intended to be very rich. Some people put a little brandy into it.

Wilberforce Pudding.—Make batter the same as for a batter pudding. Butter a baking-dish, put in the batter; take some apples, rub them clean with a cloth, take out the stalk and blossom, and do not pare them or take out the cores. Put them in the batter, and bake in a quick oven. If the apples are pared before they are put in the pudding they mash among the batter as soon as they are hot, and make the pudding soft; but when baked whole the pudding is light, and eats very well. Use butter and sugar for sauce.

Wiltshire Pudding.—Whisk three eggs in a bowl, and mix with them a pint of milk, a pinch of salt, and as much flour as will make a thick batter. Beat the mixture for some minutes, then stir in gently half a pint of picked red currants and a quarter of a pint of ripe raspberries. If more convenient, the raspberries may be omitted. Tie the pudding in a cloth, and plunge it into fast-boiling water; keep it boiling quickly till done enough. Turn it out carefully upon a dish, and cut it into slices three-quarters of an inch thick. Keep these in their original position. Put a little butter and brown sugar between the slices, and serve the pudding hot with sauce in a tureen. Pour a little sauce over the pudding. Time to boil the pudding, two hours. Sufficient for five or six persons.

Windsor Pudding.—Pare and core half a dozen baking apples, and boil or bake them till quite soft. Beat them to a smooth pulp, and with them an ounce of best Carolina rice boiled in milk till it is tender, an ounce of powdered white sugar, a teaspoonful of lemon-juice, and a pinch of grated lemon-rind. Whisk the whites of four eggs to snow, stir them into the pudding mixture, and beat it again till it is very light. Dip a pudding-mould into boiling water, take it out, and whilst it is hot pour the mixture into it. Leave room for the mixture to swell. Steam the mould for an hour and a half, or till the mixture sets. Turn it out, and pour round it a custard made with the yolks of the eggs. Serve immediately.

Wyvern Puddings.—Make some batter two or three hours before dinner-time. Grease some patty-pans, pour a little of the batter into each, and bake in a quick oven. Turn the puddings out of the tins, put a little jam upon each one, and serve. When it is decided to

have Yorkshire pudding as an accompaniment to roast meat, the batter may be baked in small tins like this instead of being cooked in the dripping-tin under the meat, and the puddings can then be placed round the joint.

Yorkshire Pudding.—Make some ordinary batter. Remember always that the batter will be much lighter if it is made some hours before it is wanted. Let the tin in which the pudding is to be baked get hot through, and be well greased by being placed under the roasting joint. Pour the batter into it to the thickness of a quarter of an inch, and cook it under the joint before the fire, or in the oven, turning it about that it may be equally browned on all sides. When it is done enough, cut it into three-inch squares, and serve these on a separate dish at the same time as the pudding. Yorkshire pudding as made in Yorkshire is thin, and browned on one side only, according to the method described here. Yorkshire pudding served in other parts of the country is half an inch thick, and is sometimes browned on both sides, being occasionally turned over when it is browned on the uppermost surface. Sometimes it is baked in the oven under a baking joint, instead of before the fire under a roasting one. When this plan is adopted, it is an improvement to bake the batter in small tins, after the fashion of Wyvern puddings, instead of putting it in one large tin. The small puddings thus made, may, if liked, be placed on the dish round the joint.

Yeast Dumplings.—Get some dough from the bakers, roll it into dumplings—half a quartern of dough will make eight. Throw into boiling water, and boil for about twenty minutes. Serve sweet sauce, plain sugar, or good gravy and salt, or jam, &c., with the dumplings (*see* also Norfolk Dumplings).

Zandrina Pudding. — Pick some fresh ripe raspberries. Put them into a jar, and cover closely; set the fruit in the oven in a tin of boiling water, and keep the water boiling round it till the juice flows freely. Boil it with half its weight of sugar to a syrup and let it get cold. If fresh fruit cannot be procured, a jar of raspberry jam may be dissolved, mixed with a little thin syrup, and rubbed through a sieve. Beat six ounces of fresh butter to cream; work in six ounces of powdered white sugar, six ounces of dried flour, and the well-beaten yolks of six eggs. Whisk the whites of the eggs to snow, and add them to the mixture, together with a wineglassful of the raspberry syrup. Pour the mixture into a buttered mould, cover with a piece of buttered paper, and put it in a saucepan, containing boiling water to the depth of three inches or thereabouts, according to the depth of the mould. Keep the water boiling round the pudding until it is done enough. Take it up, let it stand a minute or two, and turn it out carefully upon a hot dish. Serve, with a little of the syrup whisked with an equal quantity of thick cream poured round it. If liked, the pudding may be baked instead of being steamed. Time to steam the pudding, an hour and a half. Sufficient for six or seven persons.

CHAPTER XXI.

BREAD, CAKES, CUPS, ETC.

Bread. — Of all articles of food, bread is perhaps the one about which most has been written, most instruction given, and most failures made. Yet, what adds more to the elegance of a table than good bread, and unless you live in a large city and depend on the baker, what so rare? A lady who is very proud of her table, and justly so, said to me quite lately, "I cannot understand how it is we never have really fine home-made bread. I have tried many recipes, following them closely, and I can't achieve anything but a common-place loaf with a thick, hard crust; and as for rolls, they are my despair. I have wasted eggs, butter, and patience so often that I have determined to give them up, but a fine loaf I will try for."

"And when you achieve the fine loaf you may revel in home-made rolls," I answered.

And so I advise every one first to make perfect bread, light, white, crisp, and thin-crusted, that rarest thing in home-made bread.

I have read over many recipes for bread, and am convinced that where the time allowed for rising is specified, it is invariably too short. One standard book directs you to leave your sponge two hours, and the bread when made up a quarter of an hour. This recipe, strictly followed, must result in heavy, tough bread. As bread is so important and so many fail, I will give my own method from beginning to end; not that there are not numberless good recipes, but simply because they frequently need adapting to circumstances, and altering a recipe is one of the things a tyro fears to do.

I make a sponge over-night, using a dried yeast cake soaked in a pint of warm water, to which I add a spoonful of salt, and, if the weather is warm, as much soda as will lie on a threepenny piece. Make this into a stiff batter with flour—it may take a quart or less; flour varies so much, to give a rule is impossible; but if after standing the sponge has a watery appearance, make it thicker by sprinkling in more flour; beat hard a few minutes, and cover with a cloth. In winter keep a piece of thick flannel for the purpose, as a chill is fatal to your sponge, and set it in a warm place free from draughts. The next morning, when the sponge is quite light—that is to say, at least twice the bulk it was, and like a honeycomb — take two quarts of flour, more or less as you require, but I recommend at first a small baking, and this will make three small loaves. In winter, flour should be dried and warmed. Put it in your mixing bowl, and turn the sponge into a hole in the centre. Have ready some water, rather more than lukewarm, but not hot. Add it gradually, stirring your flour into the sponge at the same time. The great fault in making bread is getting the dough too stiff; it should be as soft as possible, without being at all sticky or wet. Now knead it with both hands from all sides into the centre; keep this motion, occasionally dipping your hands in the flour if the dough stieks, but do not add more flour unless the paste sticks very much. If you have the right consistency it will be a smooth mass, very soft to the touch, yet not sticky; but this may not be attained at a first mixing without adding flour by degrees. When you have kneaded the dough until it leaves the bowl all round, set it in a warm place to rise. When it is well risen, feels

very soft and warm to the touch, and is twice its bulk, knead it once more thoroughly, then put it in tins either floured, and the flour not adhering, shaken out, or buttered, putting in each a piece of dough half the size you intend your loaf to be. Now, everything depends on your oven. Many people bake their bread slowly, leaving it in the oven a long time, and this causes a thick, hard crust. When baked in the modern iron oven, quick baking is necessary. Let the oven be quite hot, then put a little ball of paste in, and if it browns palely in seven to ten minutes it is about right. If it burns, it is too hot; open the damper ten minutes. Your bread after it is in the tins will rise much more quickly than the first time. Let it get light, but not too light. Twice its bulk is a good rule; but if it is light before your oven is ready, and thus in danger of getting too porous, work it down with your hand, it will not harm it, although it is better so to manage that the oven waits for the bread rather than the bread for the oven. A small loaf—and by all means make them small until you have gained experience—will not take more than three-quarters of an hour to bake. When a nice yellow brown take it out, turn it out of the tin into a cloth, and tap the bottom; if it is crisp and smells cooked, the loaf is done. Once the bottom is brown it need remain no longer. Should that, however, from fault of your oven, be not brown, but soft and white, you must put it back in the oven the bottom upwards. An oven that does not bake at the bottom will, however, be likely to spoil your bread. It is sometimes caused by a careless servant leaving a collection of ashes underneath it. Satisfy yourself that all the flues are perfectly clean and clear before beginning to bake, and if it still refuses to do its duty change it, for you will have nothing but loss and vexation of spirit while you have it in use. I think you will find this bread white, evenly porous (not with small holes in one part and caverns in another; if it is so, you have made your dough too stiff, and it is not sufficiently kneaded), and with a thin, crisp crust. Bread will surely fail to rise at all if you have scalded the yeast. The water must never be too hot. In winter, if it gets chilled, it will only rise slowly, or not at all; and in using baker's or German yeast take care that it is not stale, which will cause heavy, irregular bread. In making bread with compressed yeast, proceed in exactly the same way, excepting that the sponge will not need to be set overnight, unless you want to bake very early.

If you have once produced bread to your satisfaction, you will find no difficulty in making rolls. Proceed as follows:—

Take a piece of the dough from your baking after it has once risen to a piece as large as a man's fist, take a large tablespoonful of butter and a little powdered sugar; work them into the dough, put it in a bowl, cover it, and set it in a warm place to rise—a shelf behind the stove is best; if you make this at the same time as your bread, you will find it takes longer to rise; the butter causes that difference. When very light, much lighter than your bread should be, take your hand and push it down till it is not larger than when you put it in the bowl; let it rise again, and again push it down, but not so thoroughly. Do this once or twice more, and you have the secret of light rolls. You will find them rise very quickly after once or twice pushing down. When they have risen the third or fourth time, take a little butter on your hands and break off small pieces about the size of a walnut, and roll them round. Either put them on a tin close together, to

be broken apart, or an inch or two from each other, in which case work in a little more flour, and cut a cleft on the top, and once more set to rise; half an hour will be long enough generally, but in this case you must judge for yourself; they sometimes take an hour. If they look swelled very much and smooth they will be ready. Have a nice hot oven, and bake for twelve to fifteen minutes.

Add a little more sugar to your dough and an egg, go through the same process, brush them over with sugar dissolved in milk, and you will have delicious rusks.

The above is my own method of making rolls, and the simplest I know of; but there are numbers of other recipes given in cookery books which would be just as good if the exact directions for letting them rise were given. As a test—and every experiment you try will be so much gained in your experience—follow the recipe given for rolls in any good cookery book, take part of the dough and let it rise as therein directed, and bake, set the other part to rise, as I direct, and notice the difference.

Cake, Plum.—Mix a pinch of salt and a dessertspoonful of baking-powder with one pound of flour. Rub into this a quarter of a pound of good beef dripping, and add a quarter of a pound of sugar, and half a pound of picked and dried currants, a quarter of an ounce of finely-minced lemon-peel, and half a nutmeg, grated. Make the mixture into a stiff dough with new milk, pour it into a buttered tin, and bake immediately for about an hour. Sufficient for a moderate-sized cake.

Cake, Plum, Plain, made with Baker's Dough.—Those who are not in the habit of making bread at home often find it difficult to make dough. This difficulty may be easily overcome if they will procure a little dough from the baker's, and proceed as follows:—Take two pounds of dough. Put it at once into a basin, cover with a thick cloth, and let it rise. Place it on a floured paste-board, and add a quarter of a pound of lard or butter broken into small pieces, a quarter of a pound of moist sugar, a quarter of a pound of stoned raisins, a quarter of a pound of washed and dried currants, a few caraway seeds, if liked, and a grated nutmeg. Knead thoroughly with as much lukewarm milk as is necessary. Butter some tins; half fill them with the dough, place them on the hearth until the dough has risen so that they are three-parts full, then bake the cakes in a well-heated oven. Plunge a knife into the middle of each; when it comes out clean they are done enough. Time to bake, one to two hours, according to the size of the tins. Sufficient for three small cakes.

Cake, Plum, Rich.—Put a pound and a half of butter into a good-sized bowl, and beat it to a cream. Mix with it the whites of eight fresh eggs whisked to a froth, and afterwards the yolks well beaten, and add a dessertspoonful of salt, a pound of powdered sugar, a pound and a half of flour, two pounds of currants, washed, picked, and dried, eight ounces each of candied lemon and citron cut into narrow strips, half an ounce of mixed spices, consisting of nutmeg, cinnamon, and allspice, all pounded to a powder, half a pound of almonds, blanched and pounded, the rind of four oranges rubbed upon three or four lumps of sugar, and then powdered. Add each ingredient separately, and beat it well in before adding another. A wineglassful of brandy may be stirred in if liked. If this cake is to be light, it should be beaten fully three-quarters of an hour. Line a tin with double folds of buttered paper, pour in the mixture, and bake the cake in a moderate oven. Put twelve folds of paper under the

cake, and four or five on the top of it, to prevent it burning. Time to bake, three hours if made in one cake, one hour and a half each if made into two. Sufficient for one large or two small cakes.

Cake, Pound.—One pound of butter, one pound of sugar, eight eggs, and a little salt. Rub some of the sugar on the rind of an orange or lemon. Beat the butter to a cream; then add the sugar, pounded, the flour, and the eggs gradually, and a pinch of salt. When it is all thoroughly mixed, pour it into a well-buttered mould, or, still better, into a hoop lined with well-buttered paper, and bake.

A variety of cakes may be made by adding to the above—currants, stoned-raisins, almonds, candied peel, preserved cherries, pistachio-kernels, &c.

If you wish to have the cake very good and rich, a wineglassful of brandy can be added to the above quantity.

Cake, Seed.—No. 1. Rub six ounces of sweet dripping into a pound of flour, add a pinch of salt, a teaspoonful of mixed spice, a tablespoonful of caraway seeds, and six ounces of sugar. Mix the dry ingredients thoroughly. Dissolve a teaspoonful of carbonate of soda into half a pint of milk, add a teaspoonful of vinegar, and stir it into the cake. Beat the cake well, put it into a buttered hoop, and bake in a moderately-heated oven. Time to bake, one hour. Sufficient for a moderate-sized cake. No. 2. Rub a quarter of a pound of butter into three pounds of flour; add half a teaspoonful of salt, three heaped teaspoonfuls of baking-powder, two teaspoonfuls of mixed spice, two ounces of caraway seeds, a pinch of powdered mace or grated nutmeg, eight ounces of sugar, and two ounces of candied peel chopped small. Mix the dry ingredients thoroughly. Beat them to a paste with a pint of milk, and bake in a well-heated oven. Time to bake, three-quarters of an hour to one hour. Sufficient for two moderate-sized cakes. No. 3. Rub six ounces of butter into a pound of flour, add a pinch of salt, six ounces of moist sugar, and two tablespoonfuls of caraway seeds. Mix the dry ingredients thoroughly. Dissolve a small dessertspoonful of carbonate of soda in a tablespoonful of milk. Add this to as much milk as will make half a pint altogether, stir the milk to two well-beaten eggs, and afterwards beat the whole into the cake. Put the mixture into a buttered tin, and bake in a moderately-heated oven. A little spice and candied peel can be added, if approved. Time to bake, one hour. Sufficient for a moderate-sized cake. No. 4. Rub six ounces of butter into three-quarters of a pound of flour, add a pinch of salt, five ounces of the best moist sugar, and a dessertspoonful of caraway seed. Dissolve half a small teaspoonful of soda in a teaspoonful of hot milk. Beat this up with two eggs already well whisked, and stir the whole into the cake. Put the mixture into a buttered tin, and bake in a moderately-heated oven. Time to bake, from thirty to forty minutes.

Cake, Seed, made from Dough.—No. 1. Take a quartern of dough left from making bread. If procured from the baker's, set it in a basin, covered with a cloth, before the fire to rise. Beat half a pound of butter or dripping to cream; work this into the dough, and add three-quarters of a pound of moist sugar, an ounce of caraway seeds, and a well-beaten egg. Knead the dough well; put it into one large or two moderate-sized buttered baking-tins, let it stand before the fire to rise, and bake in a well-heated oven. Time,

about two hours for one eake. No. 2. Take a quartern of dough, spread it out on a pastry-board, and slice half a pound of lard, butter, or dripping over it; add eight ounces of moist sugar, two ounces of caraway seeds, and two ounces of finely-shred candied peel. Knead the dough till the ingredients are thoroughly blended. Set it before the fire to rise for a short time, put it into greased tins, and bake in a well-heated oven. Time to bake, one to two hours, according to the size of the cakes. No. 3. Take a quartern of dough, spread it on a floured pastry-board, slice half a pound of fresh butter upon it, and work this in, together with a teaspoonful of salt, half an ounce of caraway seeds, half a pound of good moist sugar, and six eggs put in singly. When the ingredients are thoroughly blended, put the dough into two or more well-buttered tins, and place them before the fire for a short time. When the dough is light, put the cakes into a well-heated oven, and bake until they are done enough. Spices, such as powdered cinnamon, coriander seeds, mace, nutmeg, &c., may be added to these cakes, if liked.

Cake, Sponge.—Sponge-cake is made like pound cake, only with half the quantity of flour, and no butter, and the eggs are broken, separating the whites from the yolks. Mix the yolks in with the sugar, flour, &c., and beat the whites to a stiff froth by themselves; then mix the froth to the rest of the mixture as lightly as possible, and bake as before. Sponge-cake is of course much lighter, and allowance must be made in baking for its swelling. The mould, therefore, should not be nearly filled. This requires a very brisk oven.

Cakes, General Remarks on.—In making cakes, great care should be taken that everything which is used should be perfectly dry, as dampness in the materials is very likely to produce heaviness in the cake. It is always best to have each ingredient properly prepared before beginning to mix the cake.

Currants should be put into a colander and cold water poured over them two or three times, then spread upon a dish and carefully looked over, so that any little pieces of stone or stalk may be removed. The dish should then be placed before the fire, and the currants turned over frequently until they are quite dry.

Butter should be laid in cold water before it is used, and, if salt, should be washed in several waters. It should be beaten in a bowl till it is reduced to a cream.

Flour.—The flour for cakes should be of the best quality. It should be weighed after it is sifted and dried.

Eggs.—Each egg should always be broken into a cup before it is put to the others, as this will prevent a bad one spoiling the rest. The yolks and whites should be separated, and the egg carefully smelt. The string in each egg should also be carefully removed. The yolks may be beaten with a fork till they are light and frothy, but the whites must be whisked till they are one solid froth, and no liquor remains at the bottom of the bowl. The eggs should be put in a cool place till required for use. When the whites only are to be used, the yolks, if unbroken, and kept covered, will keep good for two or three days. Still it is always best to use them at once. They will make an excellent custard.

Sugar.—Loaf sugar is the best to use for cakes; it should be pounded and sifted.

Lemon.—Peel should be cut very thin, as the white, or inner side, will impart a bitter flavour to the cakes.

Almonds for cakes should be blanched by being put into boiling water; and when they have been in a few minutes the skin should be

taken off, and the almonds thrown into cold water to preserve the colour. If they are pounded, a few drops of water, rose-water, or white of egg should be added in every two or three minutes, to prevent them oiling. If they are not pounded they should be cut into thin slices, or divided lengthwise.

Milk.—Swiss condensed milk will be found to be excellent for cakes when either cream or milk is wanted; but when it is used less sugar will be required.

Yeast.—When yeast is used for cakes, less butter and eggs are required.

Baking Powder.—Nearly all plain cakes will be made lighter by the addition of a little baking powder.

Moulds for cakes should be thickly buttered, and it is a good plan to place some well-oiled paper between the mould and the cake.

Baking.—Small cakes require a quick oven when they are first put in, to make them rise, but the heat should not be increased after they have begun to bake. Large cakes should be put into a moderate oven, in order that they may be well baked in the middle before they are overdone on the outside. In order to ascertain if a cake is sufficiently baked, insert a skewer or knitting-needle into the centre of it, and if it comes out perfectly clean, the cake is sufficiently ready, but if anything is sticking to it, the cake must be put back into the oven at once. Cakes should be gently turned out of the mould when ready, placed on the top of the oven to dry, then laid on their sides to cool. They should be kept in a cool place, and in tin canisters, closely covered. A cake keeps better when made without yeast.

Cups.—In hot summer weather there are few drinks more refreshing than a deep draught out of a really good cup. Cups have the advantage of hiding the deficiencies of wines that are not altogether of the first quality—we will not say brand, as the two terms are not synonymous. Cups also are wine diluted, and in really thirsty weather can be therefore taken with greater impunity. Thirdly, they are far cheaper than wine alone.

In making every kind of cup it is essential to have ice, and it will too often be found that the common habit is to add a large lump of ice to the cup itself, the result being that the cup gets gradually poorer and poorer. In making all kinds of cup, whether claret, champagne, cider, &c., it is always best to first mix or nearly mix the cup, and place the liquid in a jug or any vessel that can be covered over, and to stand this vessel in rough ice. The advantage of this is that the cup cools without deteriorating.

Another important point is that many cups, such as claret, owe their refreshing briskness to soda or seltzer water being added to them. When this is the case, always leave this addition to the last moment before the cup is wanted for drinking. Were you to add the soda-water to the claret, and then place all in ice for, say, an hour to cool, the cup itself would be as dead as if water only, instead of soda-water, had been added.

Again, all sparkling cups, such as champagne, moselle, cider, &c., should not be allowed to stand long before they are drunk, as by so doing they lose all their sparkling properties. In any case, take care that the champagne, moselle, cider, &c., has been iced in the bottle before it is opened. Also, whenever soda-water is used, let this be cold—not frozen—before it is opened. When all this is done there is no harm in adding a small lump of ice to float in the cup at the last moment, so long as you are sure that the ice is pure.

Remember that filthy and stagnant water will freeze. A good deal of rough ice is exceedingly impure and injurious.

A good deal of so-called Wenham Lake ice is really nothing more than rough ice.

In all cups that require sweetening it is always best to have ready a little syrup. Indeed, it will be found a great saving of time, when cups are wanted often, to have a bottle of syrup. This is made by pouring boiling water on some sugar—one pound to a pint—and letting it get cold, and then pouring it off into a bottle. This syrup can be added gradually, and the cup can be tasted with a spoon, and it will be known at once when it is sweet enough. On the other hand, if the stupid fashion of throwing in some lumps of sugar haphazard be adopted, the probability is that the last half of the cup, owing to the sugar not having thoroughly dissolved at first, will be so sweet as to be scarcely drinkable.

The late Mr. Francatelli, a very great authority on all matters of taste, recommended bruised sugar-candy to sweeten most kinds of cups. I regret to say I have never tried the recipe. He also recommended the addition of sugar to champagne, moselle cup, &c. This is, of course, purely a matter of taste. Those who have drunk champagne abroad know how sweet is the foreign tooth compared to the English.

Claret Cup.—Pour a bottle of sound claret into a jug, add three slices of lemon, with all the pips previously removed, one thin strip of cucumber-peeling, the length of the little finger, and the thickness of the blade of a knife. Sweeten according to taste with some syrup. Add a wineglassful of brandy, a dessertspoonful of maraschino, and place the jug in ice to get quite cold. Add also, if possible, a small bunch of balm, and another of borage. After letting this stand in ice for half an hour or more, strain it off into the "cup," grate a little nutmeg over the top, and add a bottle of iced soda-water just before serving.

N.B.—A ripe orange sliced up can be used instead of the lemon; avoid, however, adding the two outside slices, as it is apt to make the cup bitter.

Noyeau can be substituted for maraschino. When there is no liqueur obtainable, two or three drops of essence of almonds added to the brandy is almost as good as noyeau.

The balm and borage are not absolutely indispensable.

Champagne Cup.—Pour a bottle of iced champagne into the cup; add two slices of lemon-peel, one thin strip of cucumber, a small bunch of balm, and another of borage when obtainable. Add a teaspoonful of maraschino, and a bottle of iced soda-water. Put a small lump of ice in the cup.

N.B.—Two or three slices of a ripe orange may be substituted for the lemon.

Badminton Cup.—One bottle of sound burgundy. Syrup to taste. One orange cut in slices, rind and all. A strip of cucumber-peel. A bunch of balm and another of borage. If possible, add to these a few leaves of verbena, and a wineglassful of curaçao.

Let all this stand in a jug in the ice for an hour, then strain it off, add a bottle of iced soda-water just before serving.

Cider Cup. — Pour one quart of cider into a jug, add a bunch of balm, and another of borage, two or three slices of lemon, or an orange sliced up, avoiding the two outside slices. A little syrup can be added or not, according to the sweetness of the cider. Add also a good-sized glass of golden or brown sherry, a small glass of brandy, and a teaspoonful of maraschino. Let this stand and cool

in the ice. The cider should be iced before the bottle is opened if it is sparkling cider. When quite cool, strain off. Add a very little grated nutmeg, and a bottle of iced soda-water.

Beer Cup.—Take a quart of strong Bass's A1 Burton ale. Add to it a little brown sugar, about half an ounce, some grated ginger, and about half a grated nutmeg. Let this stand for about an hour, stirring occasionally. Then add a large piece of crust of bread, toasted a dark brown, similar to that used in making toast-and-water. Let this swim in the cup, which must not be iced. This cup is more suitable for winter than summer. It can be handed round with the cheese.

Pineapple Cup.—Cut up a ripe pine-apple into very thin slices, and add them to a bottle of iced champagne. Add also, if possible, a few verbena leaves, a teaspoonful of maraschino, and a bottle of iced soda water.

Moselle Cup.—Proceed exactly as in making champagne cup, with the exception of no cucumber-peel. Orange cannot be substituted for lemon. The lemon must be fresh and hard.

Hock Cup.—One bottle of hock, a bunch of balm and another of borage, two or three slices of lemon, or five or six of orange, a small glass of brandy, and a teaspoonful of maraschino. Also a very little syrup can be added. Let all stand and get quite cold, then strain off, and add one or two bottles of iced soda-water.

CHAPTER XXII.

ORNAMENTATION AND APPEARANCES.

It is a very great mistake to think if a dish looks very pretty that therefore it is necessarily an expensive one. I fear few English cooks understand sufficiently the importance of appearances. For instance, fried bacon, clear and crisp, in a clean, hot, dish, does not cost more than dirty-looking fried bacon in a dish with the fat in it half-cold, with black pieces in it, while the edge of the dish shows dirty, greasy thumb-marks.

Greens are no cheaper when served in green water with a nasty smell, with perhaps one or two caterpillars.

Toast—a nice brown, all over alike—is no dearer than toast that consists of a piece of bread with a black patch in the middle, and white edges.

I fear that to teach some persons devoid of taste how to make dishes look nice and pretty, would be as hopeless as to talk of music to one who cannot distinguish the difference between *God Save the Queen* and an Irish jig. Yet there are many—let us hope the majority—who have an eye for colour, &c., to whom hints may be valuable.

First, Soups.—If the soup be clear, if you have vegetables in it, try and get a few that will make a pretty contrast in way of colour—such as little squares of red carrot, white turnip, and a few green peas. Where there is a garden this is easily done. Again, in cutting the carrot, reserve the bright red edges to go in the soup, the pale yellow inside will do for the stock.

In the case of thick soups, try and obtain a rich dark brown. For this, brown thickening is essential. Also take care the grease is all removed, and if you have used black pepper for the soup to flavour it, take care in pouring off the soup you don't pour in the little black dregs at the bottom, which will settle in the soup plates like grit. In the case of white soups, remember the whiter the better, and that when we cannot afford cream we must have more milk, and that the stock must be reduced, the milk boiled separately, in order to get a nice white colour. So again with green-pea soup. Let it *be* green. A little trouble and spinach is all that is required.

Next, with regard to fish. Fried fish should be ornamented with fried parsley. If you have the fat properly managed—that is deep, and hot—fried parsley only takes a few seconds to cook, but after frying should be placed for a minute in the oven to drain and get crisp. Place a few pieces round the fish on the paper in the dish in which they are placed. Thick white cartridge paper is best, and can be cut to fit the dish by folding the paper into four, placing the centre of the paper when open—*i.e.*, the point when folded—in the centre of the dish; then press round the inner rim of the dish so as to mark the paper the right size. Next: cut this neatly round without unfolding the paper; then cut a little crimped edge. When you open the paper, each quarter must be exactly the same size, as they were all cut at the same time.

A slice of lemon will make a very pretty garnish for fish. Cut a thin slice of lemon, and cut it in half; then cut each half through the middle of the yellow rim, and open the two pieces, which will be held together by the white piece in the centre.

Cut lemon is also a nice ornament for boiled fish. Suppose the boiled fish is a flat one, such as a sole boiled

whole, or a plaice, or brill, or turbot; place the fish, with the white side uppermost, on a white napkin—folded round a fish-drainer is best—on a good-sized dish.

Have ready a little dry chopped parsley. Take a knife, and take a little parsley up on the end of the blade, and then knock the blade gently, so as to let the chopped parsley fall from a little height. Next, if possible, have a little red lobster coral, and act the same with it. The white fish will now be sprinkled over with little green and red specks. Cut lemon and fresh green parsley (not fried) may be placed alternately round. A small red crayfish placed in each corner makes a very handsome garnish, but these are not always easily to be obtained.

If you have no red lobster coral, which is often the case, make a few bread-crumbs, which can be done in a second by rubbing a piece of stale bread on the wire sieve. A salt-spoonful will be plenty.

Throw them on a plate or saucer with a few drops of cochineal, and shake them in the saucer. This will turn the bread-crumbs a bright red directly. These do as well as coral, and a bottle of cochineal (sixpence) with care will last a year. Then take these red crumbs up on a knife, and flip it as before.

The fish will generally look best if you let the crumbs and chopped parsley fall naturally.

Another method of getting "little red specks" for garnishing, is to cut up a red chili. You will generally find one or two in the bottle of pickles, or you can buy them pickled by themselves. Persons who are fond of hot curries, &c., would do well to have a bottle of chilies in the house. When cut up they are a great improvement to hash—especially for those who like "heat."

Suppose we have that cheap and nice dish, boiled sole filleted. We have the little white fillets of sole rolled up, standing in a dish, say, a vegetable-dish, and the thick white sauce, made from thickening the water in which we boiled the bones and fins.

Suppose we ornament this dish as follows:—First. As before, chop half a saltspoonful of parsley and sprinkle with a knife over the fish and sauce. If the sauce is properly thick the parsley will rest on it; next, have ready the size of, say, a threepenny-piece, and about as thick, little pieces of green pickled gherkins; also the same size round of the skin of a chili, or capsicum, and the outside skin of a pickled walnut; place a little piece on the top of each fillet. Alternately, red, green, and black. This is really a very pretty dish, and the cost of ornamenting almost nil.

The skins of red and green capsicums are also very useful for garnishing.

In serving little entrées, or hash, avoid a large flat dish, but have a smaller and deeper one. Hash looks better, and keeps hot longer, in a vegetable dish than on an ordinary flat dish. Pieces of nicely-fried bread are better than toast. Sometimes a small metal arrow is run into a piece of fried bread in the middle. These metal-plated arrows are not dear.

In sending up joints to table, do what you can to make them attractive. Suppose it is a boiled leg of mutton with young turnips and carrots: arrange the turnips and carrots around the joint alternately. You can, if you like, cut them into shapes before boiling. Brussels sprouts will make it look still better: alternate green, red and white.

Another pretty garnish for a boiled leg of mutton is to cut the turnips in half, and scoop out the inside so as to form a cup. Then fill these white cups made of turnips with some

chopped red carrot and boiled green peas, and place these alternately round the leg of mutton on the dish. The remains of the carrot and turnips can be boiled and mashed, and served up in the same dish in red and white stripes.

Don't swim the dish with liquor or gravy, but send very little at first, and then serve some more boiling hot in a jug to be poured over the meat for the second help.

It is a great point to some to have a fresh plate for this second help. Suppose your husband comes home fagged and tired from a hard day's work, mentally and bodily, in the City, hot sale-rooms or dusty Exchange: he is weary, empty, but not hungry. I fear some women do not grasp the awful weariness produced by brain work. A small help at starting, and a second help as hot as the first, thanks to the second edition of gravy, put temptingly on a clean hot plate, and a fresh knife and fork. Why not? the cost is perhaps two minutes' extra trouble to an idle kitchen-maid. Your husband's health and comfort ought to be worth more than this; and yet in how many houses is it done? The reason is, "custom;" you don't think of it. But then they *do* think of it at his club.

Roast veal should have a rich mahogany colour outside, and glaze can be easily made with the help of a little soy, which will make a wonderful alteration in the appearance of the dish.

The same applies to roast fowls or pheasants, especially cold. A little glaze, cost one penny, will make all the difference in appearance between a high-class dish and a common one. Dishes such as cold veal or cold fowl glazed require parsley. Veal may also have cut lemon.

Scraped horseradish is a great improvement to a piece of roast beef or rump steak.

In ornamenting sweets, the two most useful things I know are preserved cherries and angelica. For instance, suppose we have for a sweet part of a tin of peaches or apricots. Pile a few of the peaches up in a dish—a small glass dish—and put a few preserved cherries in the corners, and stick a few pieces of cut angelica into the soft pieces of the peaches. The cost here is nearly *nil*, yet what a wonderful difference it makes in the appearance of a dish.

Again, a white corn-flour pudding made in a flat mould can be made to look very attractive by putting a few cherries round the edge, and a little green star of angelica with one red cherry for the centre, in the middle, and, say, a little pink sauce round the base.

Salad, especially mayonnaise, can be treated like a white fish, with parsley and coral. Hard-boiled eggs make a pretty garnish. The yolks make a nice yellow, and the whites will chop fine for white. You can make these chopped whites red by shaking them in a saucer with a few drops of cochineal. Beetroot also makes a nice red.

Again, "The Table," so much depends on appearances. The cloth snow-white, the napkin neatly folded, the glasses bright, and not smeary. If in summer, and you have a garden, a few cut flowers in the centre of the table. Avoid yellow, and don't mix pink and blue. Violet, green, and a little white, are always pretty, or scarlet and green, but have plenty of green.

In winter an evergreen fern sets off the table; and even though you don't drink wine every day, there is no harm in placing a sherry glass and a coloured glass on the table. It costs no more, and pleases the eye.

Of course, in small houses, a clean napkin every day is not expected, but the creases can be taken out each day with a hot iron at the cost of *a little trouble.*

Some may urge that all this is very

nice, but even if it costs next to nothing, it costs time, and time is money. This I admit, but there are very many persons who would gladly employ their spare time, of which, they have plenty, in making home more comfortable, if they only knew how to go to work about it.

In ornamenting cold game, cold poultry, a very nice decoration is aspic jelly, yellow and pink, which can be made very cheaply. Ordinary coloured sweets can be used for ornamenting cakes that have been glazed or covered with sugar.

Another form of ornamenting entreés, cold fowl, &c., is to stick in a flower cut out of some vegetable, such as turnip or beetroot, in imitation of a camellia.

In conclusion, remember that every meal should be served quietly. No clattering of plates, and rattling of spoons and forks, or still worse, unseemly direction of, or interference with, servants. However hard it may be, when things go wrong, grin and bear it, remembering the good advice of the wise man—"Better is a dry morsel and quietness therewith, than a house full of sacrifices with strife."

CHAPTER XXIII.

INVALID COOKERY.

Sick, Cooking for the.—On this subject we have extracted the following observations, which cannot be too widely read, from Miss Florence Nightingale's "Notes on Nursing":—

"I will mention one or two of the most common errors among those in charge of sick respecting sick diet. One is the belief that beef-tea is the most nourishing of all articles. Now, just try and boil down a pound of beef into beef-tea; evaporate your beef-tea, and see what is left of your beef. You will find that there is barely a teaspoonful of solid nourishment to half a pint of water in beef-tea. It is quite true that by mincing the beef and then stewing it you can get a larger quantity of solid in the liquor; but then it is not beef-tea, and there are many patients who could not take it. There is a certain nourishing quality in beef-tea—we do not know what—as there is in tea; it may safely be given in almost any inflammatory disease, but is little to be depended upon with the healthy or convalescent where much nourishment is required. Again, it is an ever-ready saw that an egg is equivalent to a pound of meat, whereas it is not so at all. Also, it is seldom noticed with how many patients, particularly of nervous or bilious temperament, eggs disagree. All puddings made with eggs are distasteful to them in consequence. An egg whipped up with wine is often the only form in which they can take this kind of nourishment. Again, if the patient is able to eat meat, it is supposed that to give him meat is the only thing needful for his recovery; whereas scorbutic sores have been actually known to appear among sick persons living in the midst of plenty in England, which could be traced to no other source than this, viz., that the nurse, depending on meat alone, had allowed the patient to be without vegetables for a considerable time, these latter being so badly cooked that he always left them untouched.

"Arrowroot is another grand dependence of the nurse. To mix the patient's wine in, being, as it is, quickly prepared, it is all very well, but it is nothing but starch and water. Flour is both more nutritive, and less liable to ferment, and is preferable wherever it can be used.

"Again, milk and the preparations of milk are most important articles of food for the sick. Butter is the lightest kind of animal fat, and though it wants some of the things which there are in milk, yet it is most valuable both in itself and in enabling the patient to eat more bread. Flour, oats, groats, rice, barley, and their kind, are, as we have already said, preferable in all their preparations to all the preparations of arrowroot, sago, tapioca, and their kind. Cream, in many long chronic diseases, is quite irreplaceable by any other article whatever. It seems to act in the same manner as beef-tea, and to most people it is much easier of digestion than milk; in fact, it seldom disagrees. Cheese is not so usually digestible by the sick, but it has great nourishment in it; and I have seen sick, and not a few either, whose craving for cheese showed how much it was needed by them.

"But if fresh milk is so valuable a food for the sick, the least change or sourness in it makes it of all articles, perhaps, the most injurious; diarrhœa is a common result of fresh milk allowed to become at all sour. The

nurse, therefore, ought to exercise her utmost eare in this. Buttermilk, a totally different thing, is often very useful, espeeially in fevers.

"Almost all patients in England, young and old, male and female, rich and poor, hospital and private, dislike sweet things; and while I have never known a person take to sweets when he was ill who disliked them when he was well, I have known many fond of them when in health who in siekness would leave off everything sweet, even to sugar in tea; sweet puddings, sweet drinks, are their aversion; the furred tongue almost always likes what is sharp or pungent. Scorbutie patients are an exception; they often crave for sweetmeats and jams.

"Jelly is another artiele of diet in great favour with nurses and friends of the sick. Even if it eould be eaten solid it would not nourish; but it is simply the height of folly to take an eighth of an ounce of gelatine, and make it into a certain bulk by dissolving it in water, and then give it to the sick, as if the mere bulk represented nourishment. It is now known that jelly does not nourish, that it has a tendency to produee diarrhœa, and to trust to it to repair the waste of a diseased constitution is simply to starve the siek under pretence of feeding them. If one hundred spoonfuls of jelly were given in the course of the day, you would have given one spoonful of gelatine, which spoonful has no nutritive power whatever.

"Dr. Christian says 'that every one will be struek with the readiness with which eertain classes of patients will often take diluted meat-juiee or beef-tea repeatedly when they refuse all other kinds of food. This is partieularly remarkable in cases of gastric fever, in which,' he says, 'little or nothing else besides beef-tea or diluted meat-juice has been taken for weeks or even months, and yet a pint of beef-tea contains scarcely a quarter of an ounce of anything but water.'

"A small quantity of beef-tea added to other articles of food makes them more nourishing.

"The reason why beef-tea should be nourishing and jelly not so to the siek is a secret yet undiscovered, but it clearly shows that observation of the sick is the only clue to the best dietary.

"Again, the nourishing power of milk and of the preparations from milk is very much underrated; there is nearly as much nourishment in half a pint of milk as there is in a quarter of a pound of meat. But this is not the whole question, or nearly the whole. The main question is what the patient's stomach can derive nourishment from, and of this the patient's stomach is the sole judge. Chemistry cannot tell this. The patient's stomaeh must be its own chemist. The diet which will keep the healthy man healthy will kill the sick one. The same beef which is most nutritive of all meat, and which nourishes the healthy man, is the least nourishing of all food to the sick man, whose half-dead stomach can assimilate no part of it, that is, make no food out of it. On a diet of beef-tea, healthy men, on the other hand, speedily lose their strength.

"I have known patients live for many months without touching bread, because they could not eat baker's bread. These were country patients. Home-made bread or brown bread is an important article of diet for many patients. The use of aperients may be entirely superseded by it. Oat-eake is another.

"To watch for the opinions, then, which the patient's stomach gives, rather than to read books about foods, is the business of all those who have to settle what the patient is to eat—perhaps the most important

thing to be provided for him after the air he is to breathe.

"A good deal too much against tea is said by wise people, and a great deal too much of tea is given to the sick by foolish people. When you see the natural and almost universal craving in English sick for their tea, you cannot but feel that Nature knows what she is about. But a little tea or coffee restores them quite as much as a great deal; and a great deal of tea, and especially of coffee, impairs the little power of digestion they have. Yet a nurse, because she sees how one or two cups of tea or coffee restores her patient, thinks that three or four cups will do twice as much. This is not the case at all; it is, however, certain that there is nothing yet discovered which is a substitute to the English patient for his cup of tea; he can take it when he can take nothing else, and he often cannot take anything else if he has it not. I should be very glad if any of the abusers of tea would point out what to give to an English patient after a sleepless night instead of tea. If you give it at five or six o'clock in the morning, he may even sometimes fall asleep after it, and get perhaps his only two or three hours' sleep during the twenty-four. At the same time, you never should give tea or coffee to the sick, as a rule, after five o'clock in the afternoon. Sleeplessness in the early night is from excitement generally, and is increased by tea or coffee; sleeplessness which continues to the early morning is from exhaustion often, and is relieved by tea. The only English patients I have ever known refuse tea have been typhus cases, and the first sign of their getting better was their craving again for tea. In general, the dry and dirty tongue always prefers tea to coffee, and will quite decline milk, unless with tea. Coffee is a better restorative than tea, but a greater impairer of the digestion. Let the patient's taste decide. You will say that in cases of great thirst the patient's craving decides that it will drink *a great deal* of tea, and that you cannot help it. But in those cases be sure that the patient requires dilutents for quite other purposes than quenching the thirst; he wants a great deal of some drink, not only of tea, and the doctor will order what he is to have—barley-water or lemonade, or soda-water and milk, as the case may be.

"It is often recommended to persons about to go through great fatigue, either from the kind of work, or from their being not in a state fit for it, to eat a piece of bread before they go. I wish the recommenders would themselves try the experiment of taking a piece of bread instead of a cup of tea or coffee as a refresher. They would find it very poor comfort. When men have to set out fasting on fatigue duty, when nurses have to go fasting in to their patients, it is a hot restorative they want, and ought to have, before they go, and not a cold bit of bread and butter. If they can take a bit of bread with the hot cup of tea, so much the better, but not instead of it. The fact that there is more nourishment in bread than in almost anything else has probably induced the mistake. That it is a mistake there is no doubt.

"Englishmen and women who have undergone great fatigue, such as taking a long journey without stopping, or sitting up for several nights in succession, almost always say that they can do it best upon a cup of tea. It is also the best refreshment before going out to a long day's work.

"Cocoa is often recommended to the sick instead of tea or coffee. But, independently of the fact that English sick very generally dislike cocoa, it has quite a different effect from tea or coffee. It is an oily,

starchy nut, having no restorative power at all, but simply increasing fat; it is pure mockery of the sick, therefore, to call it a substitute for tea. For any refreshment it is possessed of, you might just as well offer them chestnuts instead of tea.

"An almost universal error among nurses is in the bulk of the food, and especially the drinks, they offer to their patients. Suppose a patient were ordered four ounces of brandy during the day; how is he to take this if you make it into four pints by diluting it? The same with tea and beef tea, with arrowroot, milk, &c. You have not increased the nourishment, you have not increased the renovating power of these articles by increasing their bulk—you have very likely diminished both by giving the patient's digestion more to do, and, most likely of all, the patient will leave half of what he had been ordered to take, because he cannot swallow the bulk with which you have been pleased to invest it. It requires very nice observation and care (and meets with hardly any) to determine what will be too thick or strong for the patient to take, while giving him no more than the bulk which he is able to swallow."

Various recipes for INVALID COOKERY will be found in our pages under their proper names; but, for convenience sake, we have added to these remarks of Miss Nightingale a collection of recipes drawn, for the most part, from the "Medical Guide" of Dr. Reece and the well-known cookery-book of Mrs. Rundell:—

Apple Water. — Cut two large apples into slices, and pour a quart of boiling water on them, or on roasted apples; strain in two or three hours, and sweeten slightly.

Arrowroot Jelly.—Put into a saucepan half a pint of water, a glassful of sherry, or a spoonful of brandy, grated nutmeg, and fine sugar; boil once up, then mix it by degrees into a dessertspoonful of arrowroot previously rubbed smooth with two spoonfuls of cold water; then return the whole into the saucepan, stir and boil it three minutes.

Arrowroot Pudding.—Take a tablespoonful of arrowroot and half a pint of milk, a tablespoonful of which add cold to the arrowroot, stirring it till it is well mixed, then boil the remainder of the half-pint of milk, sweeten to taste with loaf sugar, and while it is boiling hot, add it by degrees to the arrowroot, then boil the whole (stirring it all the time) till it becomes thickened, and have ready the yolks and whites of six eggs beaten together, which stir into it. Put all into a buttered basin, and cover with paper. Then steam it for half an hour. A pudding may be made in the same way, and baked in a dish with a light crust round, and flavoured with any approved ingredient.

Barley Gruel.—Wash four ounces of pearl-barley, boil it in two quarts of water with a stick of cinnamon till reduced to a quart; strain, and return it to the saucepan with sugar and three-quarters of a pint of port wine. Heat up, and use as wanted.

Barley Water.—Wash a handful of common barley, then simmer it gently in three pints of water with a bit of lemon-peel. This is less apt to nauseate than the pearl-barley of the following recipe; but the other is a very pleasant drink.

Barley Water (another way).—Boil an ounce of pearl-barley a few minutes to cleanse, then put on it a quart of water; simmer an hour; when half done put into it a bit of fresh lemon-peel and one bit of sugar. If likely to be too thick, you may put another quarter of a pint of water.

Beef, Mutton, and Veal Broth.—Put two pounds of lean beef, one pound of scrag of veal, one pound of

scrag of mutton, sweet herbs, and ten peppercorns, into a nice tin saucepan with five quarts of water; simmer to three quarts, and clear from the fat when cold. Add one onion if approved. Soup and broth made of different kinds of meats are more supporting as well as better flavoured. To remove the fat, take it off when cold as clean as possible; and if there be still any remaining, lay a bit of clean blotting-paper or cap-paper on the broth when in the basin, and it will take up every particle.

Beef Tea.—Cut in small pieces two pounds weight of fresh lean beef; add three pints of cold water; when on the eve of boiling, carefully remove the scum; the moment it boils add a pint of cold water; then let it boil up again, and remove the scum as before. If by this time it is not perfectly clear, the same quantity of water may be added a second time, which will cause more scum to rise. The same remarks apply to all other broths and gravies, which will always be transparent and finely flavoured if the same rule be observed. Beef-tea should be allowed to simmer not less than three-quarters of an hour, and not more than one hour, from the time it is last skimmed.

Beef Tea (for very young infants).—Very young children dislike salt. Nature's food is sweet. Therefore, when doctors order beef-tea, use sugar instead of salt. This is the common practice in London hospitals.

Beef Tea, Very Quick. — Sometimes beef-tea is wanted in a great hurry. Cut up the meat, say one pound, very small, and place it in a basin with half a pint of water or less. Press thoroughly with a spoon for some time, make it hot, and strain it at once. The meat can be put back, and be simmered with some more water to make more.

Beef Tea, Jelly.—Sometimes invalids tire of beef-tea. In this case mix a little wine with the beef-tea, and, if liked, sugar instead of salt. Let it get cold, when it will be a jelly. This jelly will be an agreeable change.

Bread Pudding, Light.—Pour some boiling-hot milk on a few thin slices of white bread or the crumb of French rolls; when cold beat up one whole egg and the yolks of two others; mix them well with the bread, adding a small portion of grated nutmeg, lemon-peel, and as much white powdered sugar as will make it palatable. A few picked currants may be sometimes added. Put the preparation into a pudding-basin slightly rubbed over with butter, and cover the top with a piece of buttered paper; then place the basin in a saucepan containing boiling water, and let the pudding steam for half an hour or more, according to its size.

Broth, Clear.—The following is a clear broth that will keep long. Put the mouse round of beef, a knuckle-bone of veal, and a few shanks of mutton into a deep pan, and cover close with a dish or coarse crust; bake till the beef is done enough for eating with only as much water as will cover. When cold, cover it close in a cool place. When to be used, give what flavour may be approved.

Broth for Invalids.—This may be made in the same way as restorative meat jelly (*see* MEAT JELLY, RESTORATIVE), with an old fowl cut in pieces with its own weight in gravy beef. It must only, however, be allowed to simmer two hours.

Broth, Quickly Made.—Take a bone or two of a neck or loin of mutton, and take off the fat and skin, set it on the fire in a small tin saucepan that has a cover with three-quarters of a pint of water, the meat being first beaten and cut in thin bits; put a bit of thyme and parsley, and,

if approved, a slice of onion. Let it boil very quickly, skim it nicely; take off the cover if likely to be too weak, else cover it. Half an hour is sufficient for the whole process.

Calves'-Feet Broth.—Boil two feet in three quarts of water to half; strain, and set it by. When to be used take off the fat, put a large teacupful of the jelly into a saucepan with half a glassful of sweet wine, a little sugar and nutmeg, and beat it up till it is ready to boil; then take a little of it, and beat by degrees to the yolk of an egg, and adding a bit of butter the size of a nutmeg, stir it all together, but do not let it boil. Grate a bit of fresh lemon into it.

Calves'-Feet Broth (another way).—Boil two calves' feet, two ounces each of veal and beef, the bottom of a penny loaf, two or three blades of mace, half a nutmeg, sliced, and a little salt in three quarts of water to three pints; strain, and take off the fat.

Calves'-Feet Jelly.—Boil two calves' feet in four quarts of water for five hours, then strain the liquor through a hair sieve, and the next day take off all the fat. Whisk the whites and shells of three eggs in a stewpan, then put in the jelly, and add a small piece of cinnamon, the thin peel of two lemons and the juice of three, with about six or seven ounces of loaf sugar. Put the stewpan on a brisk fire, and whisk its contents till on the eve of boiling, then remove the stewpan, cover it closely, and let it remain near the fire for fifteen minutes, taking care not to allow the jelly to boil. Pass it through the bag in the usual way. If wine be used, it will be better to add it the moment before the jelly is passed through the bag.

Caudle.—Make a fine, smooth gruel of half-grits; strain it when boiled well, stir it at times till cold. When to be used add sugar, wine, and lemon-peel, with nutmeg. Some like a spoonful of brandy besides the wine; others like lemon-juice.

Caudle (another way).—Boil up half a pint of fine gruel with a bit of butter the size of a large nutmeg, a large spoonful of brandy, the same of white wine, one of capillaire, a bit of lemon-peel and nutmeg.

Caudle (another way).—Into a pint of fine gruel, not thick, put, while it is boiling hot, the yolk of an egg beaten with sugar and mixed with a large spoonful of cold water, a glassful of wine, and nutmeg. Mix by degrees. This is very agreeable and nourishing.

Chicken Broth and Veal Broth.—These are prepared in the same way as beef-tea, and may be made of any strength desired by adding more or less water. Chicken and veal broth do not require so much skimming as beef tea.

Chicken Broth.—Put the body and legs of the fowl that chicken panada was made of, after taking off the skin and rump, into the water it was boiled in with one blade of mace, one slice of onion, and ten peppercorns. Simmer till the broth be of a pleasant flavour. If there is not water enough, add a little. Beat a quarter of an ounce of sweet almonds with a teaspoonful of water, fine, boil it in the broth, strain, and when cold remove the fat.

Chicken, Minced.—Take the breast of a cold roast chicken, and mince it finely. Add half a teaspoonful of fine flour, together with five or six tablespoonfuls of broth. Season with a pinch of salt. If broth is not at hand, substitute new milk.

Chicken or Fowl, To Extract the Essence of.—Proceed in the same way as in the recipe Veal, To Extract the Essence of, taking care to chop the bones in pieces, and lay them in the bottom of the jar, placing the meat on the top of them. Take care that the water in the saucepan does not get into the jar when boiling.

"The pure essence of meat thus extracted is invaluable for weak stomachs and where considerable nutriment is required in a concentrated form. It is also light, and easy of digestion, compared with more glutinous preparations. A single tablespoonful of the essence can be taken by an invalid, and would afford as much sustenance as a quarter-pint of broth."

Chicken Panada.—Take the breast of a cold chicken, and pound it in a mortar to a very fine paste, then put it into a small stewpan, and add to it, gradually, as much boiling-hot broth as will make it of the required consistency. Season with a little salt. Place the stewpan on the fire, stir the contents, but do not let them boil.

Chicken Panada (another way).—Boil the chicken till about three-parts ready, in a quart of water, take off the skin, cut the white meat off when cold, and put it into a marble mortar; pound it to a paste with a little of the water it was boiled in. Season with a little salt, a grate of nutmeg, and the least bit of lemon-peel. Boil gently for a few minutes to the consistency liked; it should be such as can be drunk, although tolerably thick.

Chicken with Sauce.—Prepare the chicken as in the recipe CHICKEN WITH SIPPETS. Serve it up with a delicate sauce made by stirring the yolks of two fresh eggs with a spoonful of water, and then adding them to the gravy of the chicken while hot, but which must not be allowed to boil. Chicken dressed in this way forms an agreeable repast for an invalid, and is very light for the stomach, and easy of digestion.

Chicken with Sippets.—Take a small chicken trussed for boiling, and let it soak in a pan of cold water for half an hour. Put it into a small stewpan just large enough to hold it; put in half a pint of cold water, and when it boils cover the saucepan closely, and let it simmer very gently for twenty or twenty-five minutes, according to its size. Dish up the chicken in a very hot covered dish, put half a dozen sippets of bread round the bottom, and then strain the broth from the chicken through a fine lawn sieve into the dish, taking care to prevent any fat passing through. Add a little salt, if approved.

Eel Broth.—Clean half a pound of small eels, and set them on with three pints of water, some parsley, one slice of onion, a few peppercorns; let them simmer till the eels are broken and the broth good; add salt, and strain it off. The above should make three half-pints of wine.

Egg Wine.—Beat an egg, mix with it a spoonful of cold water. Set on the fire a glassful of white wine, half a glassful of water, sugar, and nutmeg; when it boils, pour off a little of it to the egg by degrees, till the whole be in, stirring it well; then return the whole into the saucepan, put it on a gentle fire, stir it one way for not more than a minute; for if it boils, or the egg be stale, it will curdle. Serve with toast. Egg wine may be made as above without warming the egg, and it is then lighter on the stomach, though not so pleasant to the taste.

Eggs.—An egg broken into a cup of tea, or beaten and mixed with a basin of milk, makes a breakfast more supporting than tea solely. An egg divided, and the yolk and white beaten separately, then mixed with a glassful of wine, will afford two very wholesome draughts, and prove lighter than when taken together.

Gloucester Jelly.—Take rice, sago, pearl barley, hartshorn shavings, and eringo-root, each an ounce; simmer with three pints of water to one, and strain it. When cold it will be a jelly; which give, dissolved in wine, milk, or broth, in change with other nourishment.

Isinglass Jelly.—Put one ounce of isinglass into a stewpan with a pint of cold water, the thin rind of a fresh lemon, and four ounces of loaf sugar; the half of the white of an egg beaten on a plate may be added. Put the stewpan on the fire, and occasionally stir its contents. The moment they boil place the stewpan at the corner of the fire, and let the jelly simmer very gently for fifteen minutes; then strain through a fine lawn sieve. This jelly may be flavoured with lemon-juice, maraschino, or noyeau.

Lemonade.—Peel the thin rind of one or two fresh lemons without any of the white part; put the peel into a jug, and pour over it a pint of boiling water; add four ounces of loaf sugar, and cover the jug closely to keep in the steam. Let it stand till cold, and then add the juice of the lemons; strain through a fine piece of muslin into a clean jug or decanter.

Lemon-Water.—Put two slices of lemon thinly pared into a teapot, a little bit of the peel, and a bit of sugar, or a large spoonful of capillaire; pour in a pint of boiling water, and stop it closely for two hours.

Light Puddings of Vermicelli, Semolina, Tapioca, Rice, Ground Rice, &c.—Whatever substance is used, it must first be boiled tender in milk, then proceeded with as for the other puddings (*see* Bread Pudding, Light, &c.), always taking care that the substance employed is of a thick consistence before the eggs, &c., are added. All light puddings, either of bread, sponge-cake, vermicelli, &c., may be flavoured in various ways by using vanilla, orange-flowers, cinnamon, almond, or any other approved flavours.

Macaroni with Broth.—Take a small quantity of real Italian macaroni, and boil it in water till it is just tender. Drain the water off on a hair sieve, then put the macaroni into a stewpan with some of the broth, and let it simmer for five or six minutes; season with a little salt, if preferred.

Meat Jelly, Restorative.—Take two or three pounds of the knuckle of veal, the same weight of fresh-killed gravy beef, and one calf's-foot, cut the meat from the bones, and chop them in pieces; lay them in the bottom of a stewpan, and put the meat on the top of them; then add as much cold water as will rise two or three inches above the meat; let the whole simmer gently for four hours, taking care to remove every particle of scum as it rises in the first boiling. Strain through a fine hair sieve, and the next morning the whole of the fat can be taken off.

Mutton Broth.—This is best made with the scrag-ends of the necks chopped in pieces, then well washed and soaked in warm water to draw out the blood, and allowed to simmer for two hours.

Mutton Broth (another way).—This is a very supporting broth against any kind of weakness. Boil two pounds of loin of mutton, with a very large handful of chervil, in two quarts of water to one. Take off part of the fat. Any other herbs or roots may be added. Take half a pint four times a day.

Orange Jelly.—Use only half a pint of water to one ounce of isinglass, and proceed as in the recipe Isinglass Jelly. Then rub the rinds of one lemon and of two oranges on a piece of loaf sugar, which must be scraped off into a basin, in which the juice of the lemon and the juice of five or six oranges must be squeezed. Then add the melted isinglass, and mix well together. Then strain through a fine sieve.

Orangeade.—Take the thin peel of two oranges and of one lemon; add the water and sugar the same as for lemonade; when cold, add the juice

of one lemon and of four or five oranges, and strain off.

Orgeat. — Beat two ounces of almonds with a teaspoonful of orange-flower water and a bitter almond or two; then pour a quart of milk and water to the paste. Sweeten with sugar or capillaire.

Panada (made in five minutes).— Set a little water on the fire with a glassful of white wine, some sugar, and a scrape of nutmeg and lemon-peel; meanwhile grate some crumbs of bread. The moment the mixture boils up, keep it still on the fire, put the crumbs in, and let it boil as fast as it can. When of a proper thickness to drink, take it off.

Pork Jelly, Dr. Ratcliff's Restorative.—Take a leg of well-fed pork just as cut up, beat it, and break the bone. Set it over a gentle fire with three gallons of water, and simmer to one. Let half an ounce each of mace and nutmeg stew in it. Strain through a fine sieve. When cold, take off the fat. Give a chocolate-cupful the first and last thing and at noon, adding salt to taste.

Shank Jelly.—Soak twelve shanks of mutton four hours, then brush and scour them very clean. Lay them in a saucepan with three blades of mace, an onion, twenty Jamaica and thirty or forty black peppers, a bunch of sweet herbs, and a crust of bread made very brown by toasting. Pour three quarts of water to them, and set them on a hot hearth close-covered; let them simmer as gently as possible for five hours, then strain it off, and put it in a cold place. This may have the addition of a pound of beef, if approved, for flavouring. It is a remarkably good thing for people who are weak.

Sippets. — On an extremely hot plate put two or three sippets of bread, and pour over them some gravy from beef, mutton, or veal, if there is no butter in the dish. Sprinkle a little salt over.

Sponge-Cake Pudding.—Pour boiling milk on six penny sponge-cakes, and follow the same directions as for the bread pudding (*see* Bread Pudding, Light), sometimes adding a few muscatel raisins. Half a wine-glassful of sherry, or a tablespoonful of good brandy may also be added, if approved.

Tapioca Jelly.—Choose the largest sort, pour cold water on to wash it two or three times, then soak it in fresh water five or six hours, and simmer it in the same until it becomes quite clear; then put lemon-juice, wine, and sugar. The peel should have been boiled in it. It thickens very much.

Tench Broth.—Make in the same way as eel broth. They are both very nutritious and light of digestion.

Toast and Water.—Toast slowly a thin piece of bread till extremely brown and hard, but not the least black; then plunge it into a jugful of cold water, and cover it over an hour before using. It should be of a fine brown colour before drinking it.

Veal Broth (very nourishing).— Put the knuckle of a leg or shoulder of veal with very little meat to it, an old fowl, and four shank-bones of mutton, extremely well soaked and bruised, three blades of mace, ten peppercorns, an onion, a large bit of bread, and three quarts of water into a stewpot that covers close, and simmer in the slowest manner after it has boiled up and been skimmed; or bake it. Strain, and take off the fat. Salt as wanted. It will require four hours.

Veal, To Extract the Essence of.— Take two pounds of the lean part of the leg of veal, and cut in pieces, without any of the fat. Wash the meat in cold water, and put it in a white glazed jar or stone jar just large enough to hold the pieces. Add only two tablespoonfuls of water. Cover the jar down closely, and lay it in a saucepan containing boiling

water, which must continue to boil on a slow fire for two hours. At the end of that time all the juice or gravy will be extracted, and may be strained off for use.

Vermicelli, Italian Paste, and Rice.—These are all to be prepared in the same way as macaroni (*see* MACARONI WITH BROTH). In this way light and nutritious diet will be furnished for an invalid, which will often be retained on the stomach when a more solid substance would be rejected.

Water Gruel.—Put a large spoonful of oatmeal by degrees into a pint of water, and when smooth boil it.

Water Gruel (another way).—Rub smooth a large spoonful of oatmeal with two of water, and pour it into a pint of water boiling on the fire; stir it well, and boil quickly, but take care that it does not boil over. In a quarter of an hour strain it off, and add salt and a bit of butter when eaten. Stir until the butter be incorporated.

Whey.—That of cheese is a very wholesome drink, especially when the cows are in fresh herbage.

White Broths.—Light and delicate white broths may be produced by stirring the yolks of two or three fresh eggs with two tablespoonfuls of cold water, which must then be poured into the hot broth, gently stirring it all the time, without allowing the broth to boil after the eggs are put in, or they will be curdled.

CHAPTER XXIV.

HOME-MADE WINES.

Wines, Home-made.—Home-made wines differ chiefly from foreign or grape wines in containing a much greater quantity of malic acid, whilst the wine of the grape contains chiefly tartareous; for it is the presence of super-tartrate of potash by which the grape is most strongly distinguished from all the other sub-acid fruits applied to the purposes of wine-making. This salt is most abundant in the grape before ripening, and a portion of it disappears during this process. A consideration of this diversity led Dr. Macculloch to point out to the public the useful practice of introducing super-tartrate of potash into all those juices of fruits which are intended for the basis of home-made wines. This salt is doubtless decomposed during the fermentative processes, and a considerable quantity of what remains is subsequently deposited in the casks or bottles in which the wine is kept, constituting what is termed the *crust* of the wine. Few of our home-made wines possess an intense colour; with the exception of the elderberry, mulberry, and the black cherry, scarcely any colour is contained in our domestic fruits. The colouring of home-made wines may be effected by bilberries, mulberries, or the husk of elderberries; these substances impart a fine red colour to vinous fluids; they are sometimes suffered to ferment with the *must*, to render the colour more intense. The practice of making wines from the produce of our gardens is deserving of very general attention. Foreign wines are entirely beyond the reach of the poor, and, therefore, the benevolent will endeavour to supply them, in age and sickness, with the best substitutes which our native fruits will afford.

The following domestic fruits are well calculated for the fabrication of wine:—The gooseberry, elderberry, mulberry, raspberry, blackberry, strawberry, red currant, black currant, white currant, and cranberry. These ferments will afford good and wholesome wines. It is a vulgar prejudice to suppose that the wines made from our domestic fruits are unwholesome. They may disagree with the constitutions of some persons, but no fact can warrant the assertion that they are more injurious than wines made from the grape. The pulpy fruits of our gardens, such as the peach, nectarine, plum, cherry, damson, and apricot, may also be employed; but, upon the whole, they do not answer so well for the fabrication of wines as the domestic sub-acid esculent berries.

The gooseberry and currant are, of all other fruits, most commonly employed in the fabrication of home-made wines; and, on the whole, they are best adapted for the purpose. When used in their green state, both gooseberry and currant may be made to form light brisk wines, falling little short of champagne.

Ripe gooseberries are capable of making sweet or *dry* wines; but these are commonly ill-flavoured, particularly if the husk has not been carefully excluded.

Ripe currants, if properly managed, make much better wines than gooseberries. These fruits are much improved, according to Dr. Macculloch, by boiling previously to fermentation. This, he states, is particularly the case with the black currant, which, when thus managed, is capable of

making a wine closely resembling some of the best of the sweet Cape wines.

The strawberry and raspberry are capable of making both *dry* and sweet wines of agreeable quality.

The elderberry is capable of making an excellent red wine. Its cheapness also recommends it. Its flavour, though mild, is very characteristic and much liked by many "elderly" persons, and is peculiarly adapted for "mulling," or drinking merely warmed.

The cherry produces a wine of no very peculiar character. If used, care should be taken not to bruise too many of the stones, otherwise a disagreeable bitter taste will be imparted to the wine.

The blackberry and mulberry are capable of making coloured wines, if managed with that view; they are deficient, however, in the astringent principle; nevertheless, they may be occasionally employed with advantage when a particular object is to be gained.

The sloe and damson are so associated in qualities that nearly the same results are obtained from both. Their juice is acid and astringent, and hence they are qualified only for making *dry* wines. By a due admixture of currants or elderberries with sloes or damsons, wines not unlike the inferior kinds of port are often produced.

Grapes, of British growth, are capable of making excellent sparkling and other wines by the addition of sugar. The grapes may be used in any state, however immature; when even but half-grown and perfectly hard they succeed thoroughly.

Raisins are extensively used in this country for making domestic wines, therefore they deserve to be mentioned here. When properly managed, they are capable of making a pure and flavourless vinous fluid, well adapted for receiving any flavour which may be required, and thus for imitating many wines of foreign growth.

The orange and lemon are likewise used for making domestic wines. Upon the whole, however, they are not very well adapted for the purpose, as they contain too little acid and too little of the extractive or fermentative juice.

The quince, from its analogy to the apple and pear, is better qualified for making a species of cider than wine.

The following is the art of making wine from native fruits. We start upon the grounds that home-made wines are intended to be imitations of foreign wines. In the first place, therefore, we have to prepare a juice or *must* similar to the juice or *must* of the grape in its general composition. Now, no fruit whatever yields a juice precisely similar to that of the grape. In our northern climate, more especially, the saccharine principle, which is the fundamental basis of wine-making, exists in very minute proportion in most fruits. It must be, therefore, supplied artificially. The tartaric acid, or rather supertartrate of potash, which is another essential principle in wine-making, is likewise wanting in most of our fruits. This, therefore, must be supplied. On the contrary, other substances, and particularly the malic acid, exist in too large a proportion in most of our fruits, which in their natural state are thus better adapted for making cider than wine. To get rid of the malic acid, and to prevent its deteriorating effects, as well as the deteriorating effects of other foreign principles, is difficult, or perhaps impossible; and this will doubtless always render home-made wines inferior to those of the grape, though very near approaches may be made by judicious management.

The practical mode of obviating these difficulties is to dilute the juice

of the fruit to such a degree that a given quantity of it shall contain no more of the malic acid, for example, than a given quantity of the juice of the grape; and, as before observed, to supply artificially the two grand principles, sugar and super-tartrate of potash, which are wanting. Having thus prepared an artificial *must* as nearly resembling in its composition that of the grapes as possible, the application of the other principles will be obvious, as we have nothing to do but to manage, in general, all the subsequent processes precisely as if we were operating upon the *must* of the grape.

In manufacturing wine from grapes, different methods are pursued according to the kinds of wine which it is intended to make. Now the same thing holds good in manufacturing home-made wines; it is absolutely necessary that the maker should determine beforehand upon the kind of wine which it is his object to produce, and to modify his processes accordingly. We may, with Dr. Macculloch, consider wines as of four general descriptions: *sweet* wines; *sparkling* or *effervescing* wines; *dry* and *light* wines, analogous to hock and Rhenish, in which the saccharine principle is entirely decomposed during fermentation; and lastly, *dry* and *strong* wines, as Madeira and sherry.

Those of the first and most simple class are the sweet wines, or those in which the fermentative process has been incomplete. It is to this class that by far the greater number of our home-made wines bear the greatest resemblance: a resemblance, says Dr. Macculloch, so general as to show that few makers of this article possess sufficient knowledge of the art to enable them to steer clear of what may be firmly called a radical defect of domestic wines; for so large a quantity of sugar is often added in proportion to the juice of the fruits, that the quantity of natural *leaven*, or fermentative matter, in the compound, is insufficient for the conversion of the sugar into wine; hence that part of it which remains undecomposed is *sweet*. The use of the artificial *leaven*, yeast, may in some measure correct this defect, but the quantity added is generally inadequate to this object.

"The addition of brandy," says Dr. Macculloch, "so often recommended in the recipes for making fruit wines, so far from checking the wine from becoming sour, increases the tendency, and therefore the use of brandy as a preservative of wine is founded on error."

Dr. Macculloch recommends a certain proportion of crude tartar; the dose of which may vary from one to six per cent. without materially affecting the wine, as a great proportion of what escapes decomposition will be subsequently deposited. All fruits except the grape will require more or less of this salt.

In the manufacture of home-made wines, care therefore should be taken not to use too small a proportion of fruit compared with the sugar employed; for it is this circumstance chiefly which renders the fermentative process incomplete, and thus imparts that sweet and mawkish taste to our domestic wines which renders them intolerable to many people, and even perhaps to all, without the addition of brandy. The strength of the wine is always proportional to the quantity of sugar employed, provided that sugar has been completely decomposed; the most saccharine juices, therefore, afford the strongest wine; or, in the practice which is necessary in making wine from native fruits, that fluid will produce the strongest wine to which the greatest quantity of sugar has been added previously to fermentation, care being always taken to increase the quantity of leaven in

such a ratio as to insure the complete decomposition of the sugar, without which the produce gains in sweetness only without acquiring additional strength. But even with this precaution there is a limit to the quantity of sugar that can be employed, and this limit is obviously the proportion of water which is required to insure the fermenting process. The fermentation must continue the longer if it is desired that the produce shall be a dry wine, and for a less time if it is wished to produce a sweet wine. But if, on the contrary, it is the wish of the operator to preserve the flavour or *bouquet* of the wine, it is necessary that the period of the fermentation should be shortened. The case will be precisely the same if it is an object to have a brisk wine, as the carbonic acid, on which this quality exclusively depends, will be dissipated irrecoverably by an undue protraction of the fermenting process.

Apricot Wine. — Boil twelve pounds of sliced ripe apricots and a pound of sugar in three gallons of water for half an hour, and strain the liquor into a pan. Put with them a few of the kernels of the fruit, mix all together, and having covered the vessel, leave the liquid to cool. Mix one tablespoonful of fresh brewer's yeast with it, and leave it for three or four days to ferment. Then pour off the clear liquid into a cask, which must be scrupulously clean, and let it remain until the fermentation is ended. A pint of Rhenish or other white wine should then be added, and the cask closed for six months. At the end of that time it should be decanted into bottles, and kept for a year longer before being used. Time to boil, half an hour; to ferment, three or four days. Sufficient to make three gallons.

Apricot Wine (another way). —Take ten gallons of river-water and boil it for half an hour; then set it to cool in a clean vessel. Now take forty-five pounds of ripe apricots, cut them into thick slices, and put them with the juice into the water, adding twenty-five pounds of the best loaf sugar. Stir well, cover closely, and leave till the following day; then boil the fruit and liquid together, stir in the whites of eight eggs well beaten, and take off the scum as it rises. When the liquor is clear and the fruit reduced to a pulp, press, strain through a fine sieve into a cooler, add the broken stones, and stir well. Spread good yeast on both sides of a toast, and when the liquor is at the proper warmth work it well two days; strain it through a jelly-bag into the cask, put on the bung lightly, and let it work over, keeping the cask full. When it has done fermenting, add two quarts of French brandy and two ounces of white sugar-candy. Put in the bung, fasten it well, keep the liquor for twelve months, and then bottle it. It must remain a year or more in bottle, for apricot wine is a very rich wine, and is improved greatly by age.

Aromatic Wine. — Mix eighteen grains of the bisulphate of quinine and fifteen grains of citric acid in a bottle of orange wine. Shake it well, then put it aside to settle.

Beetroot Wine. — Bruise six quarts of ripe sloes (the fruit of the blackthorn) in a stone mortar, breaking the stones, boil them twenty minutes in two quarts of soft water, strain the liquor, and pour it into a stone jar. Scrub well with a soft brush and wash thirty pounds of purple beetroots, but on no account cut or break the skins, and boil them slowly till tender. When cold, peel and slice them into a tub, pour on to them the sloe-liquor, cover them up, and the following day add the rinds of three lemons and four

Seville oranges, and twelve pounds of Smyrna raisins cut in halves. Boil twenty-six pounds of strong moist sugar with nine gallons and a half of soft water three-quarters of an hour, skimming it well, and pour it hot into the tub upon the sliced beetroots, &c.; stir well, and when lukewarm work it well with eight tablespoonfuls of strong yeast, cover it up, and let it remain three days; then strain the liquor, and filter it into your cask, filling to the bung. Let it work out, and when the fermentation is over, put to the wine six ounces of sugar-candy and a quart of French brandy. Then stop it up for a month, rack it off, filter the lees, and put all again into the cask with an ounce of the best isinglass dissolved, and two ounces of bitter almonds blanched and slit. Secure the bung, and let the wine stand eighteen months; then bottle it, seal the corks, and keep it a year longer. This is a nice light wine, and has frequently been introduced as claret. It improves greatly with age.

Birch Wine.—A wine used to be made from the sap of the birch-tree, though now it is scarcely known. The sap contains so much saccharine matter as to be easily fermented; it is to be obtained in the month of March, when it begins to ascend, by boring a hole in each tree, about a foot from the ground, large enough to admit a faucet which is to be inserted. The sap will flow for several days into a vessel placed to receive it, without injury to the tree. Having obtained as much as is necessary, the hole should be stopped with a peg. To a gallon of this sap add a quart of honey or two pounds and a half of sugar, and boil them together, stirring the whole; add also two ounces of hops for every nine gallons, a few cloves, and the rind of one or two lemons. Ferment this with yeast, transfer it to the cask, refine with isinglass, and proceed as in making other British wines. In about two months the wine may be bottled, and in two months more it will be fit for use. It will improve by keeping.

Birch Wine (another way).—This wine is sometimes made simply by boiling the sap of the birch-tree with sugar and adding a little lemon-peel. If other ingredients are added, the quantity of sugar is lessened. Allow three pounds of sugar, one of raisins, and an ounce of almonds, to each gallon of sap. Boil all together half an hour and skim; put it into a tub with some fresh yeast as soon as it has become cold, and in four or five days after it has fermented strain off into a cask. Tie up some almonds in a muslin bag, put them with the wine until it has done fermenting, when they must be removed, and the cask closed up for four or five months. It must then be racked off and bottled for use.

Blackberry Wine.—Put any quantity of blackberries into a jar or pan, cover them with boiling water, and allow them to stand in a cool oven all night to draw out the juice; or they may be mashed with the hand. Strain through a sieve into a jar or cask, and let it ferment for fifteen days. Then add one pound of sugar to every gallon of the juice, with a quarter of a pint of gin or brandy. The berries should be gathered ripe and on a fine dry day.

Blackberry Wine (another way).—To make an excellent strong blackberry wine, proceed thus:—Take forty-five quarts of ripe blackberries well picked and pressed, and mix them with ten pounds of good honey and twenty-six pounds of strong bright moist sugar. Boil with twelve gallons of soft water and the whites of twelve eggs well beaten, till the liquor is reduced to ten gallons, skimming it till perfectly clear. Strain the liquor

into a tub, and let it stand till the next day; then pour it clear of the lees and boil again for three-quarters of an hour, adding the lees, filtered twice, and two ounces of isinglass dissolved in a quart of water. Skim well, and put in two ounces of Jamaica pepper, two ounces of cloves, and two ounces of best ginger, all bruised and tied loosely in a piece of muslin. Put into your cooler the thin rinds of six Seville oranges, and a pint of lemon-juice; strain the liquor upon them, stir well, and when cool enough work it with a pint of fresh yeast stirred well into a gallon of the liquor. Cover close, and let it work for four or five days, removing the top scum and stirring twice daily; then strain, and filter it into the cask, put in the bung tightly, keep the cask well filled up, and when it has ceased fermenting, let a day elapse, and add two quarts of French brandy and an ounce and a half of isinglass dissolved in a little water and mixed with a gallon of the wine, an ounce of bitter almonds blanched and slit, and six ounces of sugar-candy broken small. Secure the bung, paste strong white paper or coarse linen over it, and place plenty of sand over all, wetted a little. Keep the wine in a cool cellar for two years, then bottle it, for it is certain to be fine by means of the filterings, which are quite necessary to this as well as to all raspberry and elder wines. Seal the corks, and keep it in the bottles for two years before using. If allowed to lie for a longer time it will still improve, and will be found a beautiful wine.

Black Currant Wine.—Put equal quantities of currant-juice and water into a cask with three pounds and a half of sugar to two gallons of the mixture, and put it in a warm place. When it has fermented, take off the refuse; keep the cask filled up with juice, and add a quart of brandy to every six gallons directly the fermentation ceases. The cask must then be closed up for eight or nine months, when it may be bottled off; but it will not be fit for use until it has been at least twelve months in bottle.

Currant Champagne.—Put four pounds of loaf sugar into a saucepan with six quarts of water; skim it well, and boil it till it is a clear syrup; pour it over a quart of white and a quart of red currants, which have been stripped from the stalks. Let it stand for one hour and a half, then stir in two tablespoonfuls of yeast. Let it remain for two days, stirring it frequently, pass it through a coarse bag into a small cask, and fine it with a quarter of an ounce of isinglass.

English Champagne.—The yellow hairy gooseberries are the best for this purpose. They should be taken when they are fully grown, but before they are in the least ripe. Reject all unsound or bruised fruit, and pick off the stalks and heads. Bruise a gallon of fruit so as to burst the berries without breaking the seeds. Be careful that the tub in which they are placed is scrupulously clean. Pour over them a gallon of water, and let them stand in a warm place for forty-eight hours, stirring them frequently, until all the juice and pulp are separated from the rest of the fruit. Strain the liquid, pressing the pulp with a wooden spoon till it is quite dry. Pour it upon four pounds of coarse sugar, and let it stand three days more, still stirring it frequently, then strain it through a coarse bag into a cask, and mix with it a cupful of the best gin. Let it stand twelve months, then bottle it. It must be bottled in the spring. If it is not quite clear, it may be fined with a little isinglass; half an ounce is enough for four gallons. After the bungs are driven in

tightly, a vent-hole should be made in the cask.

Cherry Wine (a French recipe).—Bruise together fifteen pounds of cherries not quite ripe, and two of currants; add two-thirds of the cherry kernels. Put tho whole in a small cask with a quarter of a pound of sugar to each quart of juice. Let the cask stand in sand, and cover tho bung tightly while it is working, which will occupy nearly three weeks. The cask should be of the size just to hold the juice, or the latter must be made up in the above proportions to the size of the cask, as it is necessary it should be full. Carry on the fermentation in the usual manner as in grape or gooseberry wine. When the fermentation is over, bung up the cask, and in about two months the wine will be fit to be drawn off and bottled.

Red Cherry Wine.—Take some ripe red cherries, and press them, breaking the stones amongst the fruit, till you have obtained ten gallons of pure juice. Add twenty-four pounds of strong bright moist sugar, stir well, and let the liquor stand three days covered up, stirring twice every day. Press the fruit in a horse-hair bag, and add the result to the juice; then mix well, and strain into a sweet cask, adding five pints of French brandy, the rinds of six lemons pared very thin, and an ounce of the best isinglass dissolved in a little water. Secure the bung tightly, and let the wine stand for six months in a cool cellar; then rack it off, filter the lees perfectly fine, and put all into the same cask again with three ounces of sugar-candy broken in large pieces. Fasten the bung as before, keep the wine eighteen months, and then bottle it. This excellent wine deserves keeping till it is very old. A rich light cherry wine may be made as follows:—Take all kinds of ripe cherries, and bruise them in a tub till you have extractod eight gallons of juice; add sixteen pounds of good moist sugar, and set tho liquor aside for three days, covered up closely. Put two gallons of soft water upon the fruit, stir well for twenty minutes, and infuse for the same length of time. Then pare the rinds off four Seville oranges and three lemons—pare them very thin—stone and shred four pounds of Smyrna raisins, put them into a sweet ten-gallon cask with the juice of the oranges and lemons strained, and six ounces of sugar-candy. Mix the liquors in the two vessels, and strain well; then filter through a flannel bag, and fill the cask; leave the bung out four or five days; add a pint and a half of brandy and an ounce of isinglass dissolved in a little light wine, and stop up the cask safely for eighteen months. Then bottle the wine, seal the corks, and in six or eight months it will be fit for use. This wine will remain good for three years, not longer.

Cherry Wine (another way).—Pick Morello cherries, not over-ripe, from their stalks, mash them in a mortar, and press to detach the pulp without bruising the stones, and let the mass stand twenty-four hours. Press the pulp through a coarse hair sieve, and to every three gallons add from eight to nine pounds of loaf sugar. Put the mixture into a cask, add yeast, and allow it to ferment, then rack the wine from its lees as soon as it grows clear. Some makers of cherry wine crack the stones and hang them with the bruised kernels in a bag suspended from the bung-hole and in the cask during the fermentation of the wine, which thus acquires a nutty flavour. A good deal of this wine is made in Russia, where it is a common practice to add honey to the cherries.

Cowslip Wine.—Allow three

pounds of loaf sugar, the rind of an orange and a lemon, and the strained juice of a lemon to every gallon of water. Boil the sugar and water together for half an hour. Skim it carefully, then pour it over the rind and juice. Let it stand until new-milk warm, add four quarts of cowslip pips or flowers, and to every six quarts of liquid put three large tablespoonfuls of fresh yeast, spread on toast. On the following day put the wine into a cask, which must be closely stopped. It will be fit to bottle or drink from the cask in seven weeks. Twenty-four or forty-eight hours to ferment; seven weeks to remain in the cask.

Cowslip Wine. — Take seven pounds of moist sugar, two gallons and a half of water, and two ounces of hops, and boil them together. Pare the rinds of eight lemons or Seville oranges, or a part of each; pour the boiling liquor over them; when this is cool squeeze the juice over it, and add this to the liquor. Ferment the whole with yeast in the usual way, and put it into the cask. Gather cowslips on a fine day, carefully picking out all stalks and leaves. Put into the cask of wine as much of the flowers as would equal a quart when fresh gathered for every gallon; stir well till the flowers sink. Dissolve three ounces of isinglass in a little of the wine, and return it to the rest to fine; in a few days bung it up close. In six months the wine will be fit for bottling, but it will improve by being kept longer in the cask. By managing as just described, the wine will be fined in the cask, and will be as good from the cask as if bottled, which will be a great saving of trouble.

Currant Wine, Black.—Take six quarts of black currant juice; mix it with six quarts of cold water and twelve pounds of moist sugar. When the sugar is dissolved put the liquor into a cask, which must be kept in a warm, dry room. It will ferment without anything else being added to it. A little of the liquid should be kept with which to fill up the cask when the fermentation is over, and the wine has been well skimmed. Before closing the cask add one quart of brandy. Currant wine should not be bottled for twelve months, and will be improved if kept even longer. This wine will be good for several years.

Currant Wine, Red. — Take three gallons of ripe red currants, pick from the stalks, bruise them and press out the juice, and infuse the residue in four and a half gallons of cold water. Mix well and repeatedly to insure equal diffusion; press out the liquor, mix it with the juice, and add fourteen pounds of loaf sugar. When the sugar is dissolved, transfer the whole to a cask large enough to leave some space unfilled, put in the bung, and bore a hole through it with the gimlet, and allow the cask to stand where the temperature is not less than seventy degrees, for a month. By that time the fermentation will have greatly decreased. Add three pounds of sugar, dissolved in two quarts of warm water, shake the cask well, and bung it as before. In about six or eight weeks, on listening at the bunghole, your ear will inform you that fermentation has ceased, then rack off the clear liquor from the sediment, and mix with it a quart of the best French brandy. Set it by in the cellar for about two months, when the liquor is again to be racked off into a clean but not new cask, which should be quite filled; it must now be tightly bunged down, so as to exclude the air perfectly, and be preserved for three or four years at a temperature of seventy degrees. When necessary the cask should be for this purpose kept near a fire. Time, about three months to ferment.

Currant Wine, Red (another way).—Bruise eight gallons of red currants with one quart of raspberries. Press out the juice, and to the residuum, after pressure, add eleven gallons of cold water. Add two pounds of beetroot sliced as thin as possible to give colour, and let them infuse, with frequent mixture, for twelve hours; then press out the liquor as before, and add it to the juice. Next dissolve twenty pounds of raw sugar in the mixed liquor, and three ounces of red tartar in fine powder. In some hours the fermentation will commence, which is to be managed as in the case of gooseberry wine. When the fermentation is completely over, add one gallon of brandy; let the wine stand for a week, then rack off, and let it stand for two months. It may now be finally racked off, bunged up in the cask, and set by in a cool cellar for as many years as may be required to ameliorate it.

Currant Wine, White. — White currant wine may be made in the same way as red, with two ounces of bruised bitter almonds mixed in the fermenting liquor.

Currant Wine, White (another way).—Bruise forty pounds of fruit in a tub holding fifteen or twenty gallons, and add to it four gallons of water. Stir the whole well, and squeeze till the pulp is thoroughly separated from the skins. Leave these materials at rest for about twelve hours, and then strain them through a canvas bag, or fine hair sieve, and pass one gallon of fresh water through the *marc*. Dissolve twenty-five or thirty pounds of white sugar in the juice thus obtained, and make up the whole quantity by an addition of ten gallons and a half of water. The proportion of sugar here given is for a brisk wine: if a sweet wine is required there must be forty pounds of sugar. White sugar is recommended as much the best; if moist sugar be used, somewhat more will be necessary. The *must* being now prepared, the fermentation and subsequent treatment must be exactly the same as for gooseberry wine. If brandy is to be added, it should be added towards the end of the fermentation in the cask. For the above quantity some will put in a quart of brandy alone; others first mix it with honey. Whether the wine should be racked off from the lees at the end of six months, and put in a fresh cask for six months longer before it is bottled, or be suffered to remain the whole time in the lees, must depend upon the state of the wine. The bottling should be carefully attended to.

Currant Wine from Unripe Fruit.—Currants may be used for making wine before they are quite ripe. They should be bruised sufficiently to burst the berries, and have the water poured over them: the sugar may be introduced at once. If this is done the wine will be strong and highly flavoured, though not very sweet. The wine must be well strained before it is put into the cask. The same proportions may be allowed for this wine as for black currant, and the same directions may be followed. The only difference will be that greater care will be required in separating the stalks from the fruit.

Damson Wine. — Get sound ripe fruit, reject all that is stale and mouldy; pick off the stalks, and to four gallons of damsons add four gallons of boiling water. Let them soak four or five days, stirring them regularly every day with the hand. Add to every gallon of liquor three and a half pounds of good lump sugar, and when this is quite dissolved, put the whole into a cask with one quart of spirits to every three gallons. Put it into a cask and let it remain twelve months, when it may be bottled for use.

Damson Wine (another way).—Boil ten gallons and a half of pure river-water with thirty-two pounds of strong moist sugar and the whites of ten well-beaten eggs half an hour, skimming it well; then add thirty-two quarts of ripe prune damsons well picked from the stalks and stoned, and boil half an hour longer, skimming and stirring until the liquor is beautifully bright. Strain it off the fruit in a fine hair sieve into your cooler, and when at the proper temperature work it with fresh yeast, spread on a toast, three or four days. Then draw it off the sediment, put it into the cask, filter the lees, and fill up, letting it work out at the bung. When it has ceased hissing put to it a quart of French brandy, and stop it up safely, pasting paper over the bung. Let it stand six months, then rack it off, filter the lees through flannel twice folded, and filling the cask again, add an ounce of isinglass dissolved and mixed with two quarts of the wine. Secure the bung well, and let it remain two years; then draw it off and bottle, sealing the corks. This being a rich wine requires age, and should not be drunk until it has been bottled two years or more.

Damson Wine (another way).—Gather the damsons when dry, stone them, and mash them with your hand. Put them into a vessel with a faucet, and to eight pounds of fruit add one gallon of water. Boil the water, and put it to the fruit scalding-hot. Let it stand about two days, then draw it off; and to every gallon of liquor put three pounds of fine sugar. Let the barrel be full, and stop it close. If it is a large quantity, let it stand twelve months before you drink it.

Dandelion Wine.—Get four quarts of the yellow petals of the dandelion, and pour over them into a tub one gallon of warm water that has previously been boiled. Stir it well round, and cover with a blanket, to stand three days, during which time it should be stirred frequently. Strain off the flowers from the liquid, and boil it for half an hour, with the rind of a lemon, the rind of an orange, a little ginger, and three and a half pounds of lump sugar to each gallon; add the sugar and lemon, from which the rinds were removed, in slices to the boiling liquor, and when cool ferment with yeast on a toast. When it has stood a day or two put it into a cask, and in two months bottle. This wine is said to be specially adapted to all persons suffering from liver complaints.

Elderberry Wine.—The elderberry is well suited to the production of wine. The juice contains a considerable quantity of the principle necessary for a vigorous fermentation, and its beautiful colour imparts a rich tint to the wine made from it. It is, however, deficient in sweetness, and sugar must be added to it. The following is an approved recipe:—Take one gallon of ripe elderberries and one quart of damsons or sloes for every two gallons of wine to be made. Boil the elderberries in about half the quantity of water till they burst, breaking them frequently with a stick. Strain the liquor, and return it to the copper. To produce eighteen gallons of wine, twenty gallons of this liquor are required, and for whatever quantity the liquor falls short of this, water must be added to make it up. Boil this along with fifty-six pounds of coarse moist sugar for half an hour, and it is to be fermented in the usual manner when sufficiently cooled, and then it is to be tunned or put into the cask. Put now into a muslin bag a pound and a half of ginger bruised, a pound of allspice, two ounces of cinnamon, and four or six ounces of hops; suspend the bag with the spice in the cask by

a string not long enough to let it touch the bottom; let the liquor work in the cask for a fortnight, and fill up in the usual way. The wine will be fit to tap in two months, and is not improved by keeping like many other wines. Elderberries alone may be used.

Elder Wine (another way).—Take quite ripe berries, and after stripping them from the stalks, steep them for five or six days in a tub of water, pressing them frequently during the time. Squeeze out the juice, and pass it through a fine sieve into the vessel in which it is to be boiled; add to each gallon three pounds of good brown sugar, and to every four gallons half a pound of ginger, two ounces of cloves, and an ounce or more of allspice. Boil for rather more than half an hour, then pour the wine into a tub or open cask, put with it some yeast on a piece of toast, and cover it over to work for four or five days, at the end of which time skim and remove it to the cask to ferment. The vent-peg must be loose until the fermentation has ceased, when the cask may be closed tightly, and the wine after two months' rest will be good, but better a month or two later. A quart of brandy thrown into the cask when it is about to be sealed up will greatly improve the wine.

Elder Wine (another way).—Boil twenty-five pounds of elderberries in eleven gallons of water for one hour, and add to them an ounce of allspice and two ounces of ginger. When boiled the full time, allow four pounds of sugar to a gallon: put the sugar into a tub, and throw the boiling liquid over it, straining and pressing all the juice from the fruit. Add a quarter of a pound of cream of tartar, and let the liquid stand in the same tub for two days; then remove it to a cask, and cover the bung-hole with a tile. Stir the liquid every alternate day, and fill up as it wastes. When the fermentation has ceased, close up the barrel, and when it has rested four months, bottle for use. Brandy may be added when the cask is closed.

Elder Wine (another way).—Take ten gallons of elderberries, ten gallons of water, forty-five pounds of white sugar, eight ounces of red tartar, and ferment with yeast in the usual way. When in the cask, ginger-root sliced, or allspice, four ounces, bitter almonds three ounces, suspended to a bag may be allowed to infuse in the liquor while it is fermenting; they are then to be removed. Brandy may be added or not. When the wine is clear, which will be in about three months, it may be drawn off from the lees and bottled. The spices may be varied according to taste.

Frontignac.—Put the whites of two well-beaten eggs, with eighteen pounds of good loaf sugar, in a vessel containing six gallons of water. Take off the scum when it boils, and throw in half a gallon of elder-flowers; now let the liquor cool, and stir in a glass and a half of lemon-juice and four or five spoonfuls of yeast, which should be well mixed up with it. Put in half a dozen pounds of the best raisins, weighed after being stoned, stir it every day, pour it into a cask, and stop it close. It improves by keeping. Time, bottle in six months.

Ginger Wine.—Boil, in a perfectly clean copper, six gallons of water, eighteen pounds of loaf sugar, the thin rinds of seven lemons and two Seville oranges, half a pound of unbleached ginger, bruised, and a quarter of a pound of raisins. Boil for an hour, skim carefully, and pour off into a large vat until the next day. The preparation must not be left in the copper. Strain, add the juice of the lemons and oranges, an

ounce of isinglass, and two tablespoonfuls of thick fresh yeast. Put the ginger wine into a cask, stir it each day until fermentation ceases, which will be in two or three days. Bung it up, and leave it for six weeks. Strain it into another cask, and in four weeks it will be ready for bottling. A quart of brandy may be added, or not. Sufficient for a nine-gallon cask.

Ginger Wine (a quick way of making).—The best time for making ginger wine is in the spring or autumn. Boil together seven gallons of water, nineteen pounds of sugar, and nine ounces of the best Jamaica ginger, bruised, for half an hour. Remove the scum carefully as it rises, and leave the liquid until the next day. Chop very small nine pounds of raisins — two-thirds of which should be Malaga, and one-third Muscatel. Put these into a twelve-gallon cask, with a gallon and a half of good whiskey, or any other spirit, and four lemons, cut into slices. Let these ingredients stand until next day; then put with them the cleared liquid, being careful to leave any sediment behind, and to strain it. As there is no fermentation, the cask may be bunged immediately. The wine will be ready for fining, by mixing with it one ounce of dissolved isinglass, in a fortnight. In another fortnight it may be bottled.

Ginger Wine, Superior.—Very superior ginger wine may be made by substituting fresh cider for water in the last recipe but one.

Ginger Wine (another way).—Take eighteen or twenty pounds of sugar, dissolve in nine gallons and a half of boiling water, and add ten or twelve ounces of bruised ginger-root. Boil for about a quarter of an hour, and when nearly cold, add to it half a pint of yeast, and pour it into a cask to ferment, taking care to fill the cask from time to time with the surplus of the liquor made for that purpose. When the fermentation ceases, rack off the wine, and bottle it when transparent. Very often the outer rind of a few lemons is boiled together with the ginger intended for the wine, to impart to the wine the flavour of lemon-peel.

Gooseberry Wine.—The following is Dr. Macculloch's recipe for making gooseberry wine:—"The fruit must be selected before it has shown the least tendency to ripen, but about the time when it has attained its full growth. The particular variety of gooseberry is perhaps indifferent; but it will be advisable to avoid the use of those which in their ripe state have the highest flavour. The *Green Bath* is perhaps among the best. The smallest should be separated by a sieve properly adapted to this purpose, and any unsound or bruised fruit rejected, while the remains of the blossom and the fruit-stalk should be removed by friction or other means. Forty pounds of such fruit are then to be introduced into a tub properly cleaned and of the capacity of fifteen or twenty gallons, in which it is to be bruised in successive proportions, by a pressure sufficient to burst the berries without breaking the seeds or materially compressing the skins. Four gallons of water are then poured into the vessel, and the contents are to be carefully stirred and squeezed in the hand until the whole of the juice and pulp are separated from the solid matters. The materials are then to remain at rest from six to twenty-four hours, when they are to be strained through a coarse bag with as much force as can conveniently be applied to them. One gallon of fresh water may afterwards be passed through the *marc* for the purpose of removing any soluble

matter which may have remained behind. Thirty or twenty-five pounds of white sugar are now to be dissolved in the juice thus procured, and the total bulk of the fluid made up with water to the amount of ten gallons and a half. If I name two quantities, it is because the fruit itself varies in quality, and it depends on the operator to distinguish. The old recipes allow forty pounds, of which the consequence is invariably a sweet wine, while it fails of being brisk in nine cases out of ten. And the smaller proportion here given will most frequently insure a brisk wine, if the operator will but attend to the progress of the fermentation and the treatment as formerly described. The liquor thus obtained is the artificial *must*, which is equivalent to the juice of the grape—that is, made to resemble it as nearly as possible. It is now to be introduced into a tub of sufficient capacity, over which a blanket or similar substance, covered by a board, is to be thrown, the vessel being placed in a temperature varying from 55° to 60° of Fahrenheit's thermometer. Here it may remain for twelve to twenty-four hours, according to the symptoms of fermentation which it may show, and from this tub it is to be drawn off into the cask in which it is to ferment. When in the cask it must be filled nearly to the bung-hole, that the scum which arises may be thrown out. As the fermentation proceeds, and the bulk of the liquor in the cask diminishes, the superfluous portion of *must*, which was made for this express purpose, must be poured in, so as to keep the liquor still near the bung-hole. When the fermentation becomes a little more languid, as may be known by a diminution of the hissing sound, the bung is to be driven in, and a hole bored by its side, into which a wooden peg, called the *spile*, is to be fitted. After a few days this peg is to be loosened, that, if any material quantity of it has been generated, it may find vent. The same trial must be made after successive intervals, and when there appears no longer any danger of extensive expansion, the spile may be permanently tightened. The wine thus made may remain over the winter in a cool cellar, as it is no longer necessary to provoke the fermenting process. If the operator is not inclined to bestow any further labour or expense on it, it may be examined on some clear cold day towards the end of February or beginning of March, when, if fine, as it will sometimes be, it may be bottled without further precautions. To insure its fineness, however, it is a better practice to decant it, towards the end of December, into a fresh cask, so as to clear it from the first lees. At this time also the operator will be able to determine whether it it is not too sweet for his views. In this case, instead of decanting it, he will stir up the lees, so as to renew the fermenting process, taking care also to increase the temperature at the same time. At whatever time the wine has been decanted, it is to be fined in the usual way with isinglass. Sometimes it is found expedient to decant it a second time into a fresh cask, and again to repeat the operation of fining. All these removals should be made in clear, dry, and, if possible, cold weather. In any case the wine must be bottled during the month of March. The wines thus produced will generally be brisk, and similar in their qualities (flavour excepted) to the wines of Champagne, with the strength of the best Sillery, if the larger proportions of sugar have been used, but resembling the inferior kinds with the smaller allowance. Inattention, or circumstances which cannot always be controlled, will sometimes cause it to be sweet

and still, at other times to be dry. In the former case it may be manufactured the following season, by adding to it that proportion of juice from fresh fruit which the operator's judgment may dictate, and renewing the fermentation and subsequent treatment as before. In the latter case, as its briskness can never be restored, it must be treated as dry wine, by decanting into a sulphured cask, when it must be fined and bottled in the usual manner. Such dry wines are occasionally disagreeable to the taste in the first or second year, but are much improved by keeping, nor ought they to be drunk under five or six years."

Gooseberry Wine, Effervescing.—Cut the tops and stalks from some sound green gooseberries; bruise them thoroughly, and add a quart of cold spring-water for every pound of fruit. Then leave them for three or four days, stirring frequently. Strain through a sieve, and add three pounds of loaf sugar to every gallon of liquid. When the sugar is dissolved, put the liquid into a cask, with a bottle of gin and a quarter of an ounce of isinglass to every five gallons of wine. It will, in all probability, be ready to bottle in six months; but if not quite clear it must remain longer. The gooseberries should be taken when fully grown, before they begin to turn ripe.

Gooseberry Wine, Still.—Pick and bruise the fruit, and put it in a large tub. Let it stand twenty-four hours, then drain off the juice, and add a quart of lukewarm water to every gallon of gooseberries. Let this stand for twelve hours. Mix the water with the juice, and add twelve pounds of loaf sugar to five gallons of liquid. Now let it ferment well. The temperature should be in proportion to the ripeness of the fruit. If necessary the liquid should be placed near the fire. In two or three days it will be ready for the cask. Put it into the cask with two quarts of brandy to five gallons of liquid. Bung it well. To be in perfection, gooseberry wine should not be bottled for five years; but, if required, it may be used at the end of twelve months.

Grape Wine, Sparkling.—Take the grapes before they are fully ripe, put stalks and fruit into a convenient-sized tub, delicately clean, bruise them until every berry is broken, and to every pound of fruit add a quart of cold water. Leave them for three days, stirring them twice or three times every day. Strain and add three pounds and a quarter of lump sugar to every gallon of liquid. When this is dissolved, put the wine at once into the cask, which should be kept full to the bung. It is well to reserve half a gallon for the purpose of filling it up as the fermentation subsides. In ten days add one pint of brandy and a quarter of an ounce of isinglass to every five gallons of wine. Keep the cask in a cool cellar. The wine should be bottled in champagne-bottles when the vines are in bloom the following summer, and the corks must be wired down. Time, a fortnight to make.

Lemon Wine.—Put the thin rind of five lemons into a tub. Pour over them a syrup made by boiling four quarts of water with four pounds of sugar for thirty minutes. When quite cold, add the strained juice of ten lemons. Place a toast covered with yeast on the top, and let the liquid stand for a day or two until fermentation begins, then take out the rind, put the liquor into a cask, and keep it filled up to the top until it has ceased working, when it must be bunged down closely. In three months it will be ready for bottling. If preferred. the peel of the lemon can be

omitted. This wine should be made at the beginning of the year, when lemons are cheapest and best.

Lemon Wine, Quickly Made.—Boil a quart of water with a pound of loaf sugar until the sugar is dissolved, then add half an ounce of citric acid. When the liquid is cool, stir in with a silver spoon twelve drops of essence of lemon and eight drops of spirits of wine. Colour with a little saffron. Time, an hour to prepare.

Malmsey. — The genuine Malmsey wines of commerce possess a luscious sweetness, and a most peculiar bouquet. They are mostly the produce of Sardinia, Sicily, Provence, Teneriffe, the Madeiras, the Azores, and the Lipari Isles. Malmsey wine is made from grapes grown on rocky ground, and exposed to the full light and heat of the sun; the fruit is allowed to hang on the vines for a month longer than if required for making dry wines, by which time it is partially withered.

Malmsey, Scotch.—This is a good home-made wine. Get from a strong-beer brewer six gallons of sweet fresh worts, or the same quantity of pot-ale from a distiller. To this add as much water, and to every gallon of liquor put two pounds of sugar, or one of sugar and one of good honey. Ferment, after mixing in the sugar well, and let the liquor remain a month in the cask, keeping it full. In the meantime, soak four pounds of the best raisins, and twelve pounds of bitter almonds, both chopped, in a quart of flavourless whiskey; add this, and an ounce of isinglass melted in wine, to the liquor in the cask when it is cleared by fermentation. Mix well, and put into bottles after a month or six weeks.

May Wine. — Throw into a punch-bowl a bottle of hock, slice into that a lemon, an orange, or add a few strawberries, a glass of sherry, and sufficient crushed white sugar to sweeten. Now put in twelve little sprays of leaves of the sweet woodruff, and if in bloom some of the blossoms. Let them steep an hour, and serve out with a ladle. Sweet-scented flowers are often thrown in, and must float on the top, and leaves of sweet herbs, and of other fragrant plants, such as the lemon-plant and lavender, may be added. May wine may be iced.

Mulberry Wine.—Gather the mulberries before they are quite ripe, bruise them in a tub, and to every quart of the bruised berries put the same quantity of water. Let the mixture stand for twenty-four hours, and then strain it through a coarse sieve. Having added to every gallon of the diluted juice three or four pounds of sugar, allow it to ferment in the usual way. When fine in the cask, bottle it.

Orange Wine. — Orange wine should be made in March. Boil twenty-eight pounds of loaf sugar with eight gallons of water, and the well-whisked whites and crushed shells of four eggs. Remove the scum as it rises, let the liquid cool, then add the juice of ninety Seville oranges, and mix thoroughly. Strain the liquid, ferment it with half a pound of yeast on a toast, and let it stand for twenty-four hours. Put it into the cask, and when fermentation ceases, which will be when it ceases to hiss, bung the cask closely. The wine may be racked in three months, and bottled in twelve. If it is desired to add the flavour of the orange-peel to this wine, though it will be more generally agreeable without, infuse the rinds of fifty of the oranges in two gallons of the clarified sugar for four days, then strain the liquid, and add it to the rest. If it is considered necessary to have a little brandy in the wine, a quart may be put into

the cask with the liquid, and another quart added when the wine is racked off. Time, half an hour to boil the sugar. Sufficient for ten gallons.

Orange Wine (another way).—Seville oranges are used for this purpose; they are best in March. For eighteen gallons of wine half a chest of oranges are required. Pare the rinds from about a dozen or two dozen, as more or less of the bitter will be agreeable. Pour over this a quart or two of boiling water, and after letting this stand for twelve hours, strain off the water, which has extracted much of the essential oil of the oranges. Take the peel off entirely from the remainder of the oranges, squeeze the juice through a bag or sieve, and put it into a cask with about forty-five pounds of white sugar, or forty-five of the best moist sugar. Soak the pulp in water for twenty-four hours, and after straining this add it to the cask. Repeat this several times till the cask is full. Stir the whole well with a stick till the sugar is dissolved, then set it to ferment. The fermentation is slower than with currant wine, but may be heard hissing for some weeks. When this subsides, close the bung-hole and proceed as in the case of gooseberry wine. Some add brandy. This wine requires to be kept in the cask a year before it is bottled.

Parsnip Wine.—This beverage is highly spoken of by those who are accustomed to home-made wines. Clean and quarter the roots, carefully remove any spongy or decayed portions from them, and cut them into pieces about four inches long. After they are thus prepared, weigh them, and boil them, allowing four or five pounds of the roots to each gallon of water. When they are tender, without being pulpy, leave the lid off the copper for a short time, to allow the strong aromatic odour which will arise to escape, then strain the liquid through a hair sieve into a tub, and be careful in doing so not to bruise the roots. Add immediately half an ounce of powdered white argol to each gallon of wine, and when it has been stirred a few minutes, introduce three pounds of loaf sugar, and stir again until the latter is dissolved. Leave the liquid uncovered until it is almost cold, that is, until it is reduced to a temperature of eighty-five degrees. Cut a thick round of bread from a half-quartern loaf, toast it, and moisten it with fresh yeast (two tablespoonfuls will be sufficient for six gallons of wine); put this into the liquid, cover the vessel which contains it with a flannel, and stir it every day until the fermentation subsides. The vessel should be kept in a room or cellar where from fifty to fifty-five degrees may be kept up, and the yeast should be skimmed off as it forms. In ten days or a fortnight the wine may be turned into the cask. If a sweet wine is wanted the barrel should be filled to the bung, and left for a few days; then as it overflows it should be filled up with a small quantity of the liquid which has been preserved for the purpose. When it is quiet, the hole may be covered with a piece of brown paper, and if that remains unmoved for a week the cask may be loosely bunged down, and in a day or two, when the "fretting" is quite over, made tight. This wine may be racked off in six months, but should not be bottled for at least a year. When a dry wine is wanted, leave the liquid in the open vessel until all the beer-yeast has risen and been skimmed off, then put it into the cask, and leave an inch or two of space in the barrel; frequently stir in the yeasty froth, and to prevent the liquor escaping cover it with a slate. Skim the liquor thoroughly before securing it, and be careful not to fill up the cask until the wine is quite tranquil. Time to ferment the

liquid, ten or fourteen days, until the fermentation subsides.

Parsnip Wine, A Simple Way of Making.—Take eighteen pounds of parsnips and ten gallons of water. Boil the parsnips in the water till they are quite soft, then strain and squeeze out the liquor, and to every gallon add three pounds of lump sugar. Boil for three-quarters of an hour, and when cool, ferment with a little yeast on a toast. Let the liquid stand ten days in a tub, stirring every day. At the end of that time put it into a cask. The parsnip wine will be fit for bottling in six or seven months.

Raisin Wine.—March is the best time for making raisin wine. Take eight pounds of fine Smyrna raisins for every gallon of water that is to be used. Pick the large stalks only from the raisins. Put them into a perfectly sound sweet tub, pour the water over them, and press them well down. Cover the tub, and stir the mixture every day for four weeks. Strain the liquor, and squeeze the raisins as dry as possible. Put the wine into a cask, cover up the bung-hole to keep out the dust, and when the hissing sound ceases, bung the hole closely, and leave the wine untouched for twelve months. Draw it off into a clean cask, and filter the dregs carefully through three or four folds of muslin. Bung it up again, and bottle it at the end of three years. If preferred, the wine may be bottled at the end of a twelve-month, but it will be much improved by keeping. Those who prefer having a little brandy in the wine may put a bottle or more into the cask with the liquor. Good vinegar may be made from raisins which have been used for wine. Time, four weeks to stir the liquor before putting it into the cask.

Wine, Raisin (another way).—Procure fresh Smyrna or Malaga raisins; pick out the stalks and all defective fruit; chop twenty-eight pounds of these into small bits, and pour upon them three gallons of tolerably hot water, and let them stand to soak for twelve hours. Put the whole into a hair-cloth or clean canvas bag, and with a sufficiently powerful press squeeze out the juice. Put two gallons more of hot water on the *marc* of raisins; let this remain also twelve hours, and press out as before. Mix the two liquids together; but the skins are not to be used. Add to the juice thus obtained three pounds of white sugar, and put the whole into a proper vessel to ferment. Some add an ounce or two of crude tartar, but no yeast, as the raisins contain of themselves sufficient fermenting principle. This liquor will ferment, and the vessel should be covered with a blanket. When the first fermentation is over, the wine is to be transferred or racked into a clean cask, and suffered to undergo the slow fermentation; it is then to be kept bunged up for three months, and then racked into another cask. In about twelve months it will be fit to bottle. Some add brandy after the first fermentation; but this is not necessary. A still richer wine may be made by increasing the quantity of fruit and leaving out the sugar.

Raisin Wine with Cider.—Be sure that the cider is perfectly sound and good, and take five pounds of fine Malaga raisins for each gallon of cider that is to be used. Put the fruit and the cider into a cask, stir it every day for four days, then bung it closely, and leave it untouched for six months. Draw it off into a clean cask of a suitable size, add a bottle of fine brandy, and bung it again. Bottle at the end of twelve months.

Raspberry Wine.—Pick some ripe raspberries, and bruise them well

with the back of a wooden spoon. Let them stand for twenty-four hours, and strain the juice through a flannel bag. Boil the juice, and with every gallon put a pound and a half of loaf sugar. When the sugar is dissolved, let the liquor cool a little, and stir briskly into it the whites of three or four eggs. Let all boil gently for a quarter of an hour, and carefully remove the froth as it rises. Let it stand till cool, pour it very gently into a cask, so as not to disturb the settlings, and add as much yeast as will ferment it. When the fermentation begins to decline, tie some flavouring ingredients in a muslin bag, suspend this in the cask for a short time, and taste the liquor frequently, so that the bag may be removed as soon as the wine is pleasantly flavoured. The flavouring articles may either be bruised mace, ginger, almonds, orris-root, or odoriferous flowers, such as cowslip or mignonette. When fermentation ceases, put a pint of white wine with each gallon of liquor, close the cask, and in three months it will be ready for use.

Shallot Wine.—Put four ounces of shallots, after having peeled and bruised them, into a bottle; add a pint of sherry; look at the wine in about a fortnight, and if sufficiently flavoured strain it off; but if not, add two ounces more shallots to the wine, and half a teaspoonful of cayenne. Shake the bottle occasionally, but let it rest three or four days before straining, so that the wine may be a good colour and not thick. This wine is very useful in all large culinary establishments, as it imparts an agreeable flavour without any acidity. Time to prepare, from ten to twenty days.

Vine-Leaves, Wine from.—Gather the leaves when young, weigh them, wash them, and drain them. As the stems are full of flavour, they must on no account be picked from the leaves. Place them in a large tub, and pour upon them boiling water in the proportion of two gallons of water to ten pounds of leaves. Let them infuse for twenty-four hours. Drain them, and press the leaves strongly to extract all the juice from them. Pour an additional gallon of water upon them, and again press them. Dissolve in the mixed liquor sugar and tartar, allowing seven pounds of sugar and one ounce of tartar for every ten pounds of leaves. Cover the tub with a blanket, place a board upon that, and leave the liquor in a warm situation for some hours. Draw it off into a small cask in which it is to ferment, and each day add a little of the superfluous juice, so as to keep the liquor near the bunghole. When the fermentation ceases, which will be when the hissing sound grows less, drive in the bung, and bore a hole by its side for the vent-peg. This peg may be loosened a little every two days for ten days, to keep the cask from bursting. Keep the wine in a cool cellar till December. Rack it into a fresh cask, and bottle during March. The leaves of vines from which no fruit is expected may be utilised in this way.

INDEX.

Acidulated Pudding, 239.
Adelaide Pudding, 239.
Admiral's Sauce, 23.
Agnew Pudding, 240.
Albemarle Pudding, 240.
Albert Pudding, 240.
Alderman's Pudding, 240.
Allemand Sauce, 23.
Almonds, To Blanch, 238.
Almond Puddings, 240—2, 278.
Almond Sauce for Puddings, 241.
Amber Pudding, 242.
Ambrose Pudding, 242.
Anchovies, 45.
Anchovy Sauce, 23.
Anchovy Toast, 200.
Angelica, 238.
Appearance of Dishes, 321.
Appetite, Coaxing, 323.
Apple Charlotte, 236.
Apple Dumplings, 243.
Apple Fritters, 221.
Apple Gâteau, 231.
Apple Pie, 216.
Apple Puddings, 242—4.
Apple Sauce, 23.
Apple Water, 328.
Apples, Baked, Stewed, 237.
Apples and Rice, 237.
Apricot Charlotte, 236.
Apricot Fritters, 221.
Apricot Pie, 216.
Apricot Pudding, 244.
Apricot Wine, 388.
Apricots, 237; and Rice, 237.
Aromatic Wine, 338.
Arroba Pudding, 245.
Arrowroot Jelly, 328.
Arrowroot Puddings, 245, 289, 328.
Artichoke Soup, 15.
Artichokes, French, 205.
Artichokes, Jerusalem, 205.
Ashantee Pudding, 245.
Asparagus, 205; with Eggs, 184.
Asparagus Pudding, 246.
Asparagus Soup, 7.
Aspic Jelly, 225.
Aunt Elizabeth's Pudding, 246.
Aunt Mary's Pudding, 246.
Aunt Susie's Pudding, 246.
Australian Meat, 80.
Austrian Pudding, 246; Curried, 202.

Bachelor's Pudding, 246,
Bacon, Boiled, Fried, Toasted, with Eggs, &c., 192.
Badminton Cup, 319.
Bakewell Pudding, 246—7.
Baking Meat, &c., 40.
Banana Fritters,
Barley Gruel, 328; Water, 328.
Batter, 175.
Batter Puddings, Baked and Boiled, 247.
Batley Pudding, 247.
Beans, Broad, 205; French, 206; Haricot, 206.
Beans and Bacon, 192.
Béchamel Sauce, 24.
Beef, Joints of, 78—86.
Beef, Corned, 193; Curried, 202; Potted 193.
Beef Olive, 177.
Beef Potted, 193.
Beef Ragoût, 140.
Beef Sausages, 168.
Beefsteak, 85; Stewed, 140.
Beefsteak Pie, 156.
Beefsteak and Kidney Pudding, 163.
Beef Tea, 329; Usefulness of, 327.
Beef Tea Jelly, 329.
Beer Cup, 320.
Beetroot, 206.
Beetroot Wine, 338.
Bermuda Pudding, 247.
Birch Wine, 339.
Birds and Poultry, 115.
Bird's-nest Pudding, 248.
Blackberry Wine, 339.
Black Butter, 25.
Black-cap Pudding, 248.
Black-currant Pudding, 248.
Black-currant Tart, 219.
Black-currant Wine, 340.
Blancmange, 229.
Bloaters, 45.
Boar's-head Sauce, 24.
Boiled Beef, 80.
Boiling Meat, 36.
Boiling Puddings, 239.
Boiling Vegetables, 204.
Bones, Devilled or Grilled, 193.
Bottled Jelly, 224.
Brains, Calf's, 178; Pig's, 197.
Braised Beef, 81; Mutton, 88.
Brandy Sauce, 25.
Brawn Sauce, 25.
Bread, 312; Raspings, 192.
Bread-crumbing, 43.
Bread Puddings, 248, 249, 257, 311.
Bread Pudding, light, 329.
Bread Sauce, 25.
Breakfast Dishes, 192.

Breaking Eggs, 183.
Bream, 63.
Brill, 45.
Broad Beans, 205.
Broccoli, 206.
Broiling and Grilling, 41.
Broth, Chicken, 8; Mutton, 13; Scotch, 18; for Invalids, 328, 329, 332, 333.
Brown Betty Pudding, 248.
Brussels Sprouts, 206.
Bullock's Heart, 82; Tongue, 85—6.
Bullock's Kidney, Stewed, 141.
Bun Pudding, 249.
Burmese Pudding, 247.
Butter, Beat to a Cream, 239.
Butter Sauce, 25; Black, 25; Oiled, 25.

Cabbage, 206.
Cabbage Soup, 7.
Cabinet Puddings, 249—251.
Cake Pudding, 251.
Cakes, Various, 315; Making, 317.
Calf's Brains, 178.
Calf's Feet, 104, 178.
Calf's Foot Jelly, 226, 330.
Calf's Head, 98, 99; Ragoût, 141.
Calf's Head Pie, 156.
Canadian Pudding, 251.
Canterbury Puddings, 251.
Caper Sauce, 26.
Capon, 115.
Carrots, 207.
Carrot Soup, 7.
Carrot Pudding, 251.
Cassell Pudding, 251.
Caudle, 330.
Cauliflower, 207.
Cauliflower Soup, 7.
Celery, Stewed, 207; Purée, 208.
Celery Soup, 7; Sauce, 26.
Champagne Cup, 319.
Champagne, Currant, 340; Gooseberry, 340, 345—7.
Chancellor Pudding, 252.
Char, 45.
Charlottes, 236.
Cheesecakes, 220.
Cheese Soufflé, 186.
Cheese, Stewed, 193.
Cheltenham Pudding, 252.
Cherry Gâteau, 231.
Cherry Pie, 219.
Cherry Puddings, 252.
Cherry Sauce, 26.
Cherry Wine, 341.
Chester Pudding, 253.
Chestnut Pudding, 253.
Chichester Pudding, 253.
Chickens, 115, 116.
Chicken, Various, for Invalids, 331.
Chicken Broth, 8, 330.
Chicken, Minced, 330.
Chicken Panada, 331.
Chicken Patties, 152; Pies, 156.
Chipolata Garnish, 141.
Chocolate Pudding, 253.
Chops, Mutton, 88; Pork, 106; Lamb, 113.
Christmas Puddings, 253—4, 271, 288.
Cider Cup, 319.
Citron Puddings, 254.
Clarendon Pudding, 254.
Claret Cup, 319.
Clearing Stock, Soups, and Jellies, 6.
Clear Soup, 8,
Cleton Pudding, 255.
Cloth, To Boil in a, 239.
Coaxing Appetite, 323.
Coburg Pudding, 255.
Cock-a-Leekie, 8.
Cocoa and the Sick, 327.
Cocoa-nut Pudding, 255, 305.
Cod, 46—48; Roe, 48; Sounds, 48.
Coffee for the Sick, 327.
Colbert Soup, 8.
Cold Fish, 47, 49.
Cold Meat, 192, 196.
College Pudding, 255.
Collops, 171.
Conservative Pudding, 256.
Corned Beef, 81, 82, 193; Tinned, 193.
Corn Puddings, 256.
Corn-flour Puddings, 256.
Cottage Puddings, Bread, Plum, Potato, 257.
Counsellor's Pudding, 257.
Cowslip Wine, 341—2.
Cranberry Tart, 219.
Creams, 233, 234; Fruit Creams, 230—232.
Cream Pudding, 258.
Creamed Butter, 239.
Croquettes, 170; of Turbot, 72.
Crumpet and Muffin Pudding, 258.
Crystallised Currants and Raspberries for Dessert, 238.
Cucumber, and Stewed, 208.
Cucumber Sauce, 26.
Cups, 318.
Cup Pudding, 258.
Curate's Pudding, 258.
Curd Pudding, 258.
Currant and Raspberry Tart, 216.
Currant Champagne, 340.
Currant Dumplings, 258.
Currant Pudding, 259.
Currant Wine, 342—3.
Currants for Dessert, 238.
Curry and Curries, 202; Rice for, 187.
Curry Sauce, 26.
Custards, 229, 230.
Custard, Baked and Boiled, 259.
Custard Sippets, 230.
Custard Soup, 18.
Cutlets, 171; of Hake, 52; Salmon, 58.

Dame Jane's Pudding, 259.
Damkorf Pudding, 259.
Damson Pudding, 259.
Damson Tart, 217.
Damson Wine, 343—4.

Dandelion Wine, 344.
Delaville Pudding, 259.
Delaware Pudding, 260.
Deptford Pudding, 260.
Devilled Bones, 193.
Devil Sauce, 27.
Devonian Pudding, 260.
Devonshire Brandy Pudding, 260.
Devonshire Junket, 231.
Devonshire Squab Pie, 157.
Drinks, 318.
Ducks, 116, 117; Salmis, 141.
Duke of Norfolk Pudding, 260.
Duke of Northumberland Pudding, 260.
Dumplings, Apple, Currant, 259; Half-hour, 261; Plain Yeast or Dough, 261, 312; Norfolk, 282; Suet, 305.
Dutch Sauce, 27.

Eels, 48, 49.
Eel Broth, 331.
Eel Pie, 157.
Eggs, Cooking, 182; To Break, 183; To Thicken with, 183; Whisking, 183; Boiled, 182; Hard-boiled, 183; Curried, 182; Devilled, 182; Fried, 182; Poached, 183; with Spinach, 182; Buttered, 184; Savoury, 184.
Egg Sandwiches, 195.
Egg Sauce, 27.
Egg Wine, 331.
Egg-and-bread-crumbing, 43.
Eggs and Bacon, 192.
Eggs for Invalids, 331.
Elder Wine, 344—5.
Elegant Economist's Pudding, 261.
Empress Pudding, 261.
English Champagne, 340.
Entrées, 166.
Erechtheum Pudding, 261.
Erfurt Pudding, 262.
Essence of Chicken, Veal, &c., 330, 333.
Eve's Puddings, 262,
Exeter Pudding, 262.

Farmer's Rice, 268.
Fat or Marrow Pudding, 262.
Fennel Sauce, 27.
Fig Pudding, 263.
Financière Ragoût, 141.
Fish, 45; Fresh-water, 49; Cold, To Re-dress, 49.
Fish Cakes, 50.
Fish, Cold and Curried, 203.
Fish Forcemeat, 62.
Fish Pie, 157.
Fish Pudding, 50.
Fish Soup, 50.
Fish Stock, 4.
Flame Pudding, 263.
Flounders, 50.
Flour Pudding, 263.
Flummery, Rice, 230.
Folkestone Pudding Pies, 263.
Fool, Gooseberry, Rhubarb, &c., 230.
Forcemeat, 166, 167, 168, &c.
Forcemeat Balls, 158.
Forcemeat, Panada for, 76.
Fowl, 117—119; Minced, 141; Ragoût, 142.
Fowl, Curried, 202.
Fowl, Grilled, 195.
French Beans, 206.
French Plum Pudding, 264.
French Plum Tart, 217.
French Pudding, 264,
Fresh-water Fish, 49.
Fricandeau of Veal, 100.
Fritters, 174.
Frontignac, 345.
Fruit Jellies, 224.
Fruit Pies and Tarts, 216.
Fruit Puddings, 264.
Fruit, Stewed, 233.
Fry, Lamb's, 174; Pig's, 174.
Frying, 42; in Batter, 175.
Fun Pudding, 264.

Game, 129; Salmis of, 145.
Game Pies, 155.
Game Soup, 9.
Garlic, To Use, 166.
Garnishing Dishes, 321; Sweets, 250.
Gâteau, Apple and Cherry, 231.
Genoa Sauce, 27.
Genoese Sauce (Salmon), 60.
General Favourite Pudding, 264.
Geneva Pudding, 264.
George Pudding, 264.
German Puddings, 262, 265.
German Salad, 201.
German Sauce, 27.
Giblets, Stewed, 178.
Giblet Pie, 157.
Giblet Soup, 9.
Ginger Pudding, 265, 266.
Gingerbread Pudding, 266.
Ginger Soufflé Pudding, 266.
Ginger Wine, 345—6.
Glaze, 180.
Gloucester Jelly, 331.
Gloucester Puddings, 266.
Golden Pudding, 266.
Goose, 119—120; To Choose, 120.
Goose Liver, Ragoût of, 145.
Gooseberry Fool, 230.
Gooseberry Pudding, 266—7.
Gooseberry Tart, 217.
Gooseberry Wine, 340, 346—7.
Grape Wine, 348.
Gravy, 27.
Gravy Soup, 9.
Gravies and Sauces, 22.
Greengage Pudding, 267.
Green Pea Soup, 9.
Grey Mullet, 51.
Grilled Bones, 193; Fowl, 195; Kidneys, 196.
Ground Rice Pudding, 267.
Grouse, 129.
Grouse Soup, 9.

Gudgeon, 51.
Guernsey Pudding, 267.
Guinea Fowl, 129.
Gurnet, 51.

Haddoek, 51.
Hake, 51, 52.
Half-pay Pudding, 268.
Half-pound Pudding, 268.
Halibut, 52.
Ham, Boiled, 178; Broiled, 196; with Eggs, 196.
Hampshire Pudding, 268.
Hannah More's Pudding, 268.
Hare, 129, 130; Ragoût, 142.
Hare Pie, 157.
Hare Soup, 10.
Haricot Beans, 206.
Harieot Mutton, 143.
Hashes and Stews, &c., 139.
Hasty Pudding, 263, 268.
Hayriek Puddings, 268.
Hearts, 93; Bullocks', 82; Sheep's, 94.
Hedgehog Pudding, 269.
Henriette Pudding, 269.
Her Majesty's Pudding, 269.
Herodotus Pudding, 269.
Herbs, 167.
Herrings, 52, 53.
Hoek Cup, 320.
Hollandaise Sauce, 28.
Home-made Wines, 335.
Horse-radish, 208.
Horse-radish Sauce, 28.
Hoteh-Poteh, 10.
Hunter's Pudding, 270.
Hydropathic Pudding, 270.

Ice Pudding, 270.
Iees, 227.
Indian Pudding, 270, 271.
Indian Sandwiehes, 195.
Ingoldsby Christmas Pudding, 271.
Invalid Cookery, 325.
Irish Blaek Pudding, 271.
Irish Roek, 237.
Irish Stew, 143.
Isinglass Jelly, 332.
Italian Pudding, 271.
Italian Sauce, 28.

Jams, 222.
Jam and Bread Pudding, 272.
Jam Pudding, 272.
Jam Tarts, 217.
Jardinière Soup, 19.
Jejune Pudding, 232.
Jelly, 223–226; for Invalids, 330.
Jelly, Over-rated for the Sick, 326.
Jelly Pudding, 272.
Jenny's Pudding, 272.
Jersey Pudding, 272.
John Dory, 53, 51.

Jubilee Pudding, 273.
Judy's Pudding, 273.
Julienne Soup, 10.
Junket, Devonshire, 231.

Kentish Suet Pudding, 273.
Kidneys, Fried and Grilled, 196; Stewed, 143; Bullock's, 141.
Kidney Omelet, 186.
Kidney Pie, 157.
Kidney Pudding, 163.
Kidney Soup, 11.
Kromeskies, 170.

Lady Abbess Pudding, 273.
Lamartine's Pudding, 273.
Lamb, Joints of, 111–114.
Lamb Cutlets, 173, 174.
Lamb's Fry, 174.
Lamb's Head, 114.
Lamprey, 54.
Landrail, 130.
Larding, 44.
Larks, 131.
Larks in Batter Pudding, 163.
Lark Pie, 158.
Leamington Pudding, 234.
Lèehe Crême, 231.
Leeks, 208,
Leieester (Meat) Pie, 158.
Leieester Pudding, 274.
Lemonade, 332.
Lemon Cream. 233.
Lemon Pudding, 274–5.
Lemon Sponge, 229.
Lemon Syrup, 269.
Lemon Water, 332.
Lemon Wine, 348–9.
Lentils, 209.
Lentil Soup, 11.
Lessons in Boiling, Roasting, &c., 36.
Lettuee, and Stewed, 209.
Light Puddings for the Siek, 332.
Ling, 54.
Little Ladies' Tarts, 218.
Little Mary's Cup Puddings, 275.
Liver and Bacon, 196.
Liver Forcemeat. 166.
Lobster Butter, 55, 173.
Lobster Cutlets, 173.
Lobster Mayonnaise, 54.
Lobster Patties, 152.
Lobster, Potted, 197.
Lobster Sauee, 28; Soup, 11.
Lobster Salad Mayonnaise, 201.
Luncheon Dishes, 192.

Maearoni, 190; Cheese, 190.
Macaroni with Broth, 332.
Maearoni Soup, 11.
Maearoni Pudding, 275, 276.
Maearoon Pudding, 276.
Maeédoines, 209.
Mackerel, 55.

Madeira Pudding, 276.
Madonna Pudding, 276.
Maigre, Soupe, 11.
Maître d'Hôtel Sauce, 29; Butter, 67.
Malmsey, 349.
Malvern Pudding, 276.
Manchester Pudding, 277.
Mandarin Pudding, 277.
Manna Croup Pudding, 277.
Mansfield Pudding, 277.
Marengo, Poulet à la, 180; Veal, 181.
Marlborough Pudding, 277.
Marmalade Pudding, 277, 282—3.
Marrow Bones, 180.
Marrow Puddings, 262, 278.
May Wine, 349.
Mayonnaise, Lobster, 54; Salmon, 61; Lobster Salad, 201.
Mayonnaise Sauce, 29.
Meal Pudding, 278.
Meals, Quietness at, 324.
Meat, Cold, 196.
Meat Jelly, Restorative, 332.
Meat Pies and Puddings, 150, 154.
Meat Pudding, 162, 163.
Meats, Potted, 197.
Melted Butter, 25.
Merton Almond Pudding, 278.
Middleton Pudding, 278.
Miles Standish Pudding, 278.
Military Puddings, 279.
Millet Pudding, 279.
Milton Pudding, 279.
Mince, 140.
Mincemeat, Mince Pies, 219.
Mint Sauce, 29.
Mixed Fruit Pudding, 279.
Mock Turtle Soup, 12.
Molly Clark's Pudding, 279.
Monitor's Tart, 218.
Monmouth Pudding, 279.
Montagu Pudding, 280.
Montreal Pudding, 280.
Moselle Cup, 320.
Mother Eve's Pudding, 280.
Mountain Pudding, 280.
Muffins, 196.
Mulberry Wine, 349.
Mullet, Grey, 51; Red, 56.
Mulligatawny Soup, 13.
Mushrooms, 180.
Mushroom Sauce, 29, 30.
Mussels, 56.
Mussel Soup, 13; Sauce, 30.
Mustard Sauce, 30.
Mutton, Joints of, 87—92.
Mutton Broth, 13, 332.
Mutton Cutlets, 172.
Mutton, Haricot, 143.
Mutton Pie, 158.
Mutton, Ragoût of, 144.

Neapolitan Custard Pudding, 280.
Nectarine Pudding, 281.
Nesselrode Pudding, 281.
Neufchâtel Pudding, 281.
New College Puddings, 281.
Newcastle Pudding, 281.
Newmarket Pudding, 282.
Nonsuch Pudding, 282.
Norfolk Dumplings, 282.
Normandy Pippins, 232.
Norwegian Puddings, 282.
Nottingham Puddings, 282.

Oatmeal Hasty Pudding, 283.
Oatmeal Porridge, 198.
Occasional Dishes, 192.
Olive (Beef), 177; Veal, 178.
Olives, 197.
Omelets, 184.
Onions, Boiled, Baked, Stuffed, &c. 209, 210.
Onion Sauce, 30.
Orangeade, 332.
Orange Cream, 232; Garnish, 232.
Orange Fritters, 221.
Orange Jelly, 332.
Orange Pudding, 283.
Orange Wine, 349—50.
Orgeat, 333.
Orleans Pudding, 284.
Ornamenting, 321.
Ornaments for Sweet Dishes, 250.
Ortolans, 131.
Oude Sauce, 30.
Ox-cheek Soup, 14; Ox-foot Soup, 11; Ox-tail Soup, 14.
Ox-cheek, Stewed, 149.
Oxford Pudding, 284.
Oysters, 56, 57.
Oyster Kromeskies, 170.
Oyster Omelet, 186.
Oyster Patties, 153.
Oyster Sauce, 30; Soup, 14, 15.

Palestine Pudding, 284.
Palestine Soup, 15.
Panada, 76, 333.
Pancakes, 284.
Paradise Pudding, 285.
Paris Pudding, 285.
Parliament Pudding, 286.
Parsley, 210, 211.
Parsley and Butter, 31.
Parsnips, 211.
Parsnip Soup, 15.
Parsnip Wine, 350—1.
Parson's Pudding, 286.
Partridges, 131, 132; Salmis, 146.
Partridge Pie, 159.
Paste for Common Pie, 150; Puff, 150; Suet, for Puddings, 151.
Patties, 152; Patty-Cases, 153.
Peaches, Preserved, 232.
Peas, Green, 211.
Peas-Pudding, 165.
Pea-Soup, 15; Green, 9, 15.
Pears, Baked, Stewed, 238.
Peasant's Pudding, 286.
Peninsular Pudding, 286.

Pheasant, 132, 133; Salmis, 144.
Pickled Mackerel, 55; Salmon, 59.
Pies, Fruit, 216.
Pies, Meat, 150, 154, 155; Raised, 159.
Pig, Sucking, 109, 110.
Pig's Brains, 197.
Pig's Cheek, 111.
Pig's Feet, 111, 197.
Pig's Fry, 174.
Pig's Head, 110, 111.
Pigeons, 120, 121.
Pigeon Pies, 155.
Pike, 57.
Pilchards, 57.
Pine-Apple, Tinned, 232.
Pine-Apple Cup, 320.
Pine-Apple Fritters. 221.
Pine-Apple Pudding, 286.
Pippins, Normandy, 232.
Piquante Sauce, 31.
Pistachios to Garnish Sweet Dishes, 250.
Plaice, 57.
Plain Cooking, 36.
Plain Puddings; Rice, Rolled, Sago, Tapioca, 287, 306.
Plovers, 133.
Plumbe's Arrowroot Pudding, 289.
Plum Cakes, 315.
Plum Pudding, 287—9.
Plum Pudding Sauce, 31.
Plum Tart, 218.
Poached Eggs, 183.
Polish Pudding, 289.
Pomfret Puddings, 290.
Pompadour Pudding, 290.
Poor Epicure's Pudding, 290.
Poor Man's Soup, 16, 17; Sauce, 31.
Porcupine Pudding, 290.
Pork, Joints of, 105; Hashed, 144; Minced, 144.
Pork Jelly, 333.
Pork Pies, 159.
Pork Pudding, 163.
Pork Sausages, 168.
Pork Stuffing, 168.
Porridge, 198.
Portland Pudding, 291.
Portuguese Pudding, 291.
Potatoes, Boiled, Fried, Baked, &c., 212, 213.
Potato Pie, 160.
Potato Pudding, 291.
Potato Salad, 202.
Potato Soup, 15.
Pot au Feu, 15.
Potted Beef, 193.
Potted Meats, 197.
Poulet à la Marengo, 180.
Poultry and Birds, 115.
Pound Cakes, 316.
Prairie Birds, 133.
Prawns, 57.
Preserving Jams, 222.
Prince Consort's Pudding, 291.
Prince Frederick's Pudding, 292.
Provençal Sauce, 31.
Prune Sauce, 32.
Prunes Stewed, 238.
Pudding Pies, 292.
Puddings, Fruit and Plain, 239.
Puddings, Meat, 150, 162.
Puff Paste, 150.
Puff Puddings, 292.
Pumpkin Pudding, 293.
Puritan's Pudding, 293.

Quails, 133, 134.
Queen's Pudding, 293, 294.
Queen Adelaide's Pudding, 293.
Queen Mab's Pudding, 295.
Quietness at Meals, 324.
Quince Pudding, 294.

Rabbits, 121—4; Ragout of, 145.
Rabbit, Curried, 202.
Rabbit Pie, 160.
Rabbit Pudding, 164.
Rabbit Soup, 17.
Rabbit, Welsh, 200.
Radical Pudding, 294.
Ragoûts and Minces, 139.
Raised Pies, 159.
Raisin Pudding, 295.
Raisin Wine, 351.
Rare-bit, Welsh, 200,
Raspberry Pudding, 294.
Raspberry Tart, 218.
Raspberry Wine, 351.
Raspings of Bread, 192.
Ratafia Pudding, 295.
Ravigote Sauce, 32.
Ray, 58.
Recruit's Pudding, 295.
Red Herrings, 53.
Red Mullet, 58.
Red Rice, 233.
Reform Chips, 173.
Regent's Pudding, 295.
Restorative Jelly, 332.
Rhubarb, Stewed, 232.
Rhubarb Fool, 231.
Rhubarb Pie, 220.
Rhubarb Pudding, 295—6.
Rice, 187—189.
Rice Borders, 187.
Rice Flummery, 230.
Rice Puddings, 287, 297—9; and Apple, 296; and Apricot, 296; and Macaroni, 296.
Rice Soup, 17.
Richmond Pudding, 300.
Rissoles, 169, 170.
Roach, 58.
Roasting, 38.
Robert Sauce, 32.
Rock, Irish, 237.
Rolled Pudding, plain, 287.
Roly-Poly Pudding, 300.
Rook Pie, 161.
Rotterdam Pudding, 300.
Rubbing through a Sieve, 166.
Ruffs and Reeves, 134.
Rusk Pudding, 300.

Sage and Onion Stuffing, 168.
Sago Pudding, 287, 300—1.
Sago Soup, 18.
Salad, Mayonnaise, 201.
Salads, 33, 200—2; Cream or Sauce, 33, 201.
Salmis of Duck, 141; Pheasant, 144; Game, 145, 146; of Woodcock, 149.
Salmis Sauce, 33.
Salmon, 59—62; Mayonnaise, 61.
Salmon-Trout, 62.
Salt Cod, 46; Sounds, 48.
Salt Fish twice laid, 200.
Sandwiches, 193; Indian, 195; Egg, 195; Tomato, 195.
Saratoga Pudding, 301.
Sardines, 62. 63.
Saucer Pudding, 301.
Sauces and Gravies, 22.
Sausages, 168.
Sausage Pudding, 164.
Sausage Rolls, 165.
Save-all Pudding, 302.
Savoury Custard Soup, 18.
Savoy Pudding, 302.
Saxon Pudding, 302.
Scalloped Mussels, 56; Oysters, 56; Turbot, 74.
Scallops, 63.
Schodoh Pudding, 302.
Scotch Broth, 18.
Scotch Collops, 171.
Scotch Woodcock, 200.
Sea Kale, 213, 214.
Seed Cakes, 316.
Semolina Pudding, 303.
Serving Vegetables, 204.
Shad, 64.
Shallot Wine, 352.
Shank Jelly, 333.
Sharp Sauce, 33.
Sheep's Head, 92, 93.
Sheep's Head Soup, 18.
Shepherd's Pie, 160.
Shrimps, 64, 65.
Shrimp Sauce, 33.
Shropshire Pudding, 303.
Sick, Cooking for the, 325.
Sieve, To Rub through, 166.
Simmering, 36.
Sippets with Gravy, 333.
Skate, 65.
Smelts, 66.
Smoked Haddock, 51; Herrings, 53; Salmon, 59.
Snipe, 134; Salmis, 146.
Snipe Pudding, 164.
Snowdon Pudding, 303.
Sole, 66—69.
Sorrel Sauce, 33.
Soufflés, 185, 186.
Soubise Sauce, 33.
Souse Pudding, 304.
Soused Mackerel, 55.
Spanish Pudding, 304.
Spiced Beef, 85.
Spinach, 214.
Spinach and Eggs, 184.
Sponge Cake, 317.
Sponge Cake Pudding, 304, 333.
Sprats, 69, 70.
Spring Soup, 19.
Squab Pie, 157.
Steaming, 43.
Stewed Fruit, 232, 233, 237, 238.
Stewing, 38.
Stews and Hashes, 139.
Stock, Clear, 1; Fish, 4; Greasy, 3; Thick, 2; Brown or Thickening, 4; To Clear, 6; To Reduce, 6; To Thicken, 4.
Stomach, Opinion of the Sick, 326.
Store Cream, 233.
Strawberry and Custard Pudding, 304.
Strawberry Cream, 233.
Stuffing, 166, 167, 168, &c.
Sturgeon, 70, 71.
Sucking Pig, 109, 110.
Suet Dumplings, 305.
Suet Paste, 151.
Suet Pudding, 273, 305.
Summer Pudding, 306.
Supper Dishes, 192.
Suprême Sauce, 34.
Sussex Pudding, 305.
Sweetbreads, 176, 177.
Sweetbreads, Curried, 203.
Sweetbreads, Ragoût of, 146.
Sweet Sauce, 34.
Swiss Pudding, 305.
Swiss Cocoa-nut Pudding, 305.
Syrup, Lemon, 269.

Tadcaster Pudding, 306.
Tapioca Jelly, 333.
Tapioca Pudding, 287, 306.
Tapioca Soup, 19.
Tarragon Sauce, 34.
Tartar Sauce, 34.
Tarts, Fruit, 216.
Tea for the Sick, 327.
Teal, 134.
Tempting Appetite, 323.
Tench Broth, 333.
Thickening for Stock, 4.
Thrush, 134.
Tinned Meats, 80.
Tinned Soups, 19.
Tipsy Bread, 236; Cake, 237.
Toad-in-the-Hole, 164.
Toast, Hot Buttered, 199.
Toast and Water, 333.
Tomatoes, Grilled, 180.
Tomato Salad, 202.
Tomato Sauce, 34; Soup, 19.
Tongues, 179.
Tongue, Bullock's, 85, 86.
Toulouse Ragoût, 147.
Town Pudding, 307.
Transparent Pudding, 307.
Treacle Pudding, 307.
Trifle, 234—236.

Tripe, 199.
Trotters, 199.
Truffle Sauce, 34, 127.
Tunbridge Puddings, 307.
Turbot, 71—74.
Turkey, 124—128; Hashed, 147; Minced, 147.
Turnips, 214.
Turtle Soup, 20; Mock, 12.
Twice-laid (Fish), 200.

United States Pudding, 307.
Upton Pudding, 307.
Uxbridge Plum Pudding, 308.

Vanilla, 229.
Vanilla Custard Pudding, 308
Veal, Joints of, 95—103.
Veal à la Marengo, 181.
Veal and Ham Pies, 155.
Veal Broth, 330, 333.
Veal Cutlets, 171, 172.
Veal, Essence of, 333.
Veal Olive, 178.
Veal, Ragoût of, 147; Minced, 148.
Veal Stuffing, 167, 168.
Vegetables, 204; Dried, 215; Tinned, 204, 209, 215.
Vegetables as Ornaments, 322.
Vegetable Marrow, 214.
Vegetable Marrow Soup, 21.
Vegetable Pie, 161.
Vegetable Pudding, 308.
Velouté Sauce, 34.
Venison, 135—7; Hashed, 148.
Venison Cutlets, 174.
Venison Pasty, 161.
Vermicelli with Broth, 334.
Vermicelli Pudding, 308.
Vermicelli Soup, 21.
Vice-Chancellor's Pudding, 309.
Victoria Pudding, 309.
Viennoise Pudding, 310.
Vine-Leaves, Wine from, 352.
Virginia Pudding, 310.

Water Gruel, 334.
Welsh Pudding, 310.
Welsh Rabbit, or Rare-bit, 200.
West Country Pudding, 310.
West India Pudding, 310.
Wheatears, 138.
Whey, 334.
Whipped Cream, 233.
Whip Sauce, 249.
Whisked Eggs, 183.
Whitebait, 74, 75.
White Broths, 334.
White Sauce, 35.
White Soup, 21.
Whiting, 75, 76.
Wholesome Fare Pudding, 311.
Widgeon, 138.
Wilberforce Pudding, 311.
Wild Duck, 138.
Wiltshire Pudding, 311.
Windsor Pudding, 311.
Wine Sauce, 35.
Wines, Home-made, 335.
Wire Sieve, To Rub through, 166.
Woodcock, 138; Salmis, 149.
Woodcock, Scotch, 200.
Worcester Sauce, 35.
Wyvern Puddings, 311.

Yeast Dumplings, 312. See also Plain, 261.
Yorkshire Pie, 161.
Yorkshire Pudding, 165, 312.

Zandrina Pudding, 312.

PRINTED BY CASSELL & COMPANY, LIMITED, LA BELLE SAUVAGE, LONDON, E.C.
150.1193

Cassell & Company's Books for the Household.

Cassell's Book of the Household. A Valuable and Practical Work on Every Department of Household Management. With numerous Illustrations. Four Vols., 5s. each.

"A book so handy and practical ought to be adopted by every well-ordered family."—*Queen.*

Cassell's Domestic Dictionary. *With numerous Illustrations.* 1,280 pages, royal 8vo, cloth, 7s. 6d.; roxburgh, 10s. 6d.

"As a manual of ready reference for all household purposes this work has no rival."—*Queen.*

A Year's Cookery. Giving dishes for Breakfast, Luncheon, and Dinner for Every Day in the Year, with Instructions for their Preparation. By PHYLLIS BROWNE. *Enlarged Edition.* 3s. 6d.

"A YEAR'S COOKERY, by Phyllis Browne, with bills of fare for every day in the year, with directions for cooking, for marketing, and for making arrangements for the next day, makes up an invaluable present for young housekeepers."—*Athenæum.*

Cassell's Popular Cookery. With Four Coloured Plates. Cloth, 2s.

Cookery for Schools. By LIZZIE HERITAGE. Paper covers, 6d.

Choice Dishes at Small Cost. By A. G. PAYNE. *Cheap Edition.* Cloth, 1s.

The Book of Health. A Volume upon the Science and Preservation of Health in every condition and relation of life. *With Practical Illustrations.* Cloth, 21s.; roxburgh, 25s.

The Family Physician. A Manual of Domestic Medicine by Physicians and Surgeons of the Principal London Hospitals. Cloth, 21s.; roxburgh, 25s.

The Ladies' Physician. A Guide for Women to the Treatment of their Ailments. By a London Physician. *Ninth Edition.* Cloth, 6s.

Nursing Handbooks.

BY FLORENCE STACPOOLE.

Advice to Women on the Care of their Health, before, during, and after Confinement. 1s.

Our Sick, and How to Take Care of Them. 1s.

BY CATHERINE J. WOOD.

A Handbook of Nursing for the Home and for the Hospital. *Cheap Edition.* 1s. 6d.; cloth, 2s.

Handbook for the Nursing of Sick Children. With a few Hints on their Management. 2s. 6d.

CASSELL & COMPANY, LIMITED, *Ludgate Hill, London.*

To face End Matter.

Cloth, price **1s. 6d.**

Cassell's Vegetarian Cookery.

By A. G. PAYNE, *Author of "Cassell's Shilling Cookery."*

Crown 8vo, 192 pages.

"We are all vegetarians now; that is to say, we all recognise more than we were wont to do the benefit of a very mixed diet, while some folk make a point of avoiding meat in every form two days a week. In these circumstances 'Cassell's Vegetarian Cookery' is sure of a hearty welcome in innumerable homes. The text has been written by no less an authority than Mr. A. G. Payne, who is a past master in all that relates to the cuisine, and equally at home in prescribing, *secundem artem*, for a Lord Mayor's banquet and for the humble meal of Hodge. Very wisely Mr. Payne has abstained from encumbering his pages with controversy. He has merely construed the term Vegetarianism in its widest sense. He has eschewed meat, fish, and poultry on the one hand, and on the other hand he has accepted milk, butter, cream, eggs, and cheese with a light heart. Having the whole vegetable world to choose from, he has drawn up a variety of recipes for every sort of food within the limits indicated, and it may be safely said that a repast might be prepared out of this book so choice and sumptuous that even the most hardened of fish-flesh-fowl-and-good-red-herring eaters might partake of it with impunity and exclaim over the walnuts and the wine, 'At last I *have* dined.' Mr. Payne discusses soups, sauces, rice, macaroni, oatmeal, eggs and omelets, salads and sandwiches, savoury dishes, substantial vegetables, fresh vegetables, preserved vegetables and fruits, jellies (vegetarian) and jams, creams, custards and cheesecakes, stewed fruits and fruit ices, cakes and bread, and pies and puddings. His instructions are clear, simple, and concise, and his book should be found in every household. 'Cassell's Vegetarian Cookery' has this additional advantage, that it may be used alongside of the general cookery-book by all who do not see their way to abandon the moderate use of meat, but are wise enough to prefer a total change of diet once or twice every week."—*Daily Chronicle.*

CASSELL & COMPANY, LIMITED, *Ludgate Hill, London.*

Illustrated, Fine Art, and other Volumes.

Abbeys and Churches of England and Wales, The: Descriptive, Historical, Pictorial. Series II. 21s.

A Blot of Ink. Translated by Q and PAUL FRANCKE. 5s.

Adventure, The World of. Fully Illustrated. Complete in Three Vols. 9s. each.

Africa and its Explorers, The Story of. By Dr. ROBERT BROWN, M.A., F.L.S., F.R.G.S., &c. With numerous Original Illustrations. Vols. I. and II. 7s. 6d. each.

Agrarian Tenures. By the Rt. Hon. G. SHAW LEFEVRE, M.P. 10s. 6d.

American Life. By PAUL DE ROUSIERS. 12s. 6d.

Animal Painting in Water Colours. With Coloured Plates. 5s.

Anthea. By CÉCILE CASSAVETTI (a Russian). A Story of the Greek War of Independence. *Cheap Edition*, 5s.

Arabian Nights Entertainments (Cassell's). With about 400 Illustrations. 10s. 6d.

Architectural Drawing. By R. PHENÉ SPIERS. Illustrated. 10s. 6d.

Army, Our Home. Being a Reprint of Letters published in the *Times* in November and December, 1891. By H. O. ARNOLD-FORSTER, M.P. 1s.

Art, The Magazine of. Yearly Volume. With about 400 Illustrations, and Twelve Etchings, Photogravures, &c. 16s.

Artistic Anatomy. By Prof. M. DUVAL. *Cheap Edition*, 3s. 6d.

Astronomy, The Dawn of. A Study of the Temple Worship and Mythology of the Ancient Egyptians. By J. NORMAN LOCKYER, F.R.S., F.R.A.S., &c. Illustrated. 21s.

Atlas, The Universal. A New and Complete General Atlas of the World, with 117 Pages of Maps, handsomely produced in Colours, and a Complete Index to about 125,000 Names. Complete in One Vol., cloth, 30s. net; or half-morocco, 35s. net.

Awkward Squads, The; and other Ulster Stories. By SHAN F. BULLOCK. 5s.

Bashkirtseff, Marie, The Journal of. Translated by MATHILDE BLIND. 7s. 6d.

Bashkirtseff, Marie, The Letters of. Translated by MARY J. SERRANO. 7s. 6d.

Beetles, Butterflies, Moths, and other Insects. By A. W. KAPPEL, F.L.S., F.E.S., and W. EGMONT KIRBY. With 12 Coloured Plates. 3s. 6d.

Biographical Dictionary, Cassell's New. Containing Memoirs of the Most Eminent Men and Women of all Ages and Countries. 7s. 6d.

Birds' Nests, Eggs, and Egg-Collecting. By R. KEARTON. Illustrated with 16 Coloured Plates of Eggs. 5s.

Breechloader, The, and How to Use It. By W. W. GREENER. 2s.

British Ballads. 275 Original Illustrations. Two Vols. Cloth, 15s.

British Battles on Land and Sea. By JAMES GRANT. With about 600 Illustrations. Three Vols., 4to, £1 7s.; *Library Edition*, £1 10s.

British Battles, Recent. Illustrated. 9s. *Library Edition*, 10s.

Browning, An Introduction to the Study of. By ARTHUR SYMONS. 2s. 6d.

Butterflies and Moths, European. By W. F. KIRBY. With 61 Coloured Plates. 35s.

Canaries and Cage-Birds, The Illustrated Book of. By W. A. BLAKSTON, W. SWAYSLAND, and A. F. WIENER. With 56 Fac-simile Coloured Plates. 35s.

Capture of the "Estrella," The. A Tale of the Slave Trade. By COMMANDER CLAUD HARDING, R.N. 5s.

Carnation Manual, The. Edited and Issued by The National Carnation and Picotee Society (Southern Section). 3s. 6d.

Cassell's Family Magazine. Yearly Volume. Illustrated. 9s.

Cathedrals, Abbeys, and Churches of England and Wales. Descriptive, Historical, Pictorial. *Popular Edition.* Two Vols. 25s.

Catriona. A Sequel to "Kidnapped." By ROBERT LOUIS STEVENSON. 6s.

China Painting. By FLORENCE LEWIS. With Sixteen Coloured Plates, &c. 5s.

Chips by an Old Chum; or, Australia in the Fifties. 1s.

Choice Dishes at Small Cost. By A. G. PAYNE. *Cheap Edition*, 1s.

Christianity and Socialism, Lectures on. By BISHOP BARRY. 3s. 6d.

Chums. The Illustrated Paper for Boys. Yearly Volume. 7s. 6d.

Cities of the World. Four Vols. Illustrated. 7s. 6d. each.

Civil Service, Guide to Employment in the. *New and Enlarged Edition*, 3s. 6d.

Climate and Health Resorts. By Dr. BURNEY YEO. 7s. 6d.

Clinical Manuals for Practitioners and Students of Medicine. (*A List of Volumes forwarded post free on application to the Publishers.*)

Cobden Club, Works published for the. (*A Complete List on application.*)

Colonist's Medical Handbook, The. By E. ALFRED BARTON, M.R.C.S. 2s. 6d.

Colour. By Prof. A. H. CHURCH. *New and Enlarged Edition*, 3s. 6d.

Columbus, The Career of. By CHARLES ELTON, F.S.A. 10s. 6d.

Combe, George, The Select Works of. Issued by Authority of the Combe Trustees. *Popular Edition*, 1s. each, net.

The Constitution of Man. | Science and Religion.
Moral Philosophy. | Discussions on Education.
American Notes.

Commercial Botany of the Nineteenth Century. By J. R. JACKSON, A.L.S. Cloth gilt, 3s. 6d.

Conning Tower, In a. By H. O. ARNOLD-FORSTER, M.P., Author of "The Citizen Reader," &c. With Original Illustrations by W. H. OVEREND. 1s.

Conquests of the Cross. Edited by EDWIN HODDER. With numerous Original Illustrations. Complete in Three Vols. 9s. each.

Cookery, A Year's. By PHYLLIS BROWNE. *New and Enlarged Edition*, 3s. 6d.

Cookery, Cassell's Popular. With Four Coloured Plates. Cloth gilt, 2s.

Cookery, Cassell's Shilling. *110th Thousand.* 1s.

Cookery, Vegetarian. By A. G. PAYNE. 1s. 6d.

Cooking by Gas, The Art of. By MARIE J. SUGG. Illustrated. Cloth, 3s. 6d.

Cottage Gardening, Poultry, Bees, Allotments, Food, House, Window and Town Gardens. Edited by W. ROBINSON, F.L.S., Author of "The English Flower Garden." Fully Illustrated. Half-yearly Vols., I. and II., 2s. 6d. each.

Countries of the World, The. By ROBERT BROWN, M.A., Ph.D., &c. Complete in Six Vols., with about 750 Illustrations. 4to, 7s. 6d. each.

Cyclopædia, Cassell's Concise. Brought down to the latest date. With about 600 Illustrations. *New and Cheap Edition*, 7s. 6d.

Cyclopædia, Cassell's Miniature. Containing 30,000 Subjects. Cloth, 2s. 6d.; half-roxburgh, 4s.

Delectable Duchy, The. Stories, Studies, and Sketches. By Q. 6s.

Dickens, Character Sketches from. FIRST, SECOND, and THIRD SERIES. With Six Original Drawings in each, by FREDERICK BARNARD. In Portfolio. 21s. each.

Dick Whittington, A Modern. By JAMES PAYN. *Cheap Edition in one Vol.*, 6s.

Dictionaries. (For description see alphabetical letter.) Religion, Biographical, Encyclopædic, Mechanical, Phrase and Fable, English, English History, English Literature, Domestic. (French, German, and Latin, see with *Educational Works.*)

Dog, Illustrated Book of the. By VERO SHAW, B.A. With 28 Coloured Plates. Cloth bevelled, 35s.; half-morocco, 45s.

Domestic Dictionary, The. An Encyclopædia for the Household. Cloth, 7s. 6d.

Doré Don Quixote, The. With about 400 Illustrations by GUSTAVE DORÉ. *Cheap Edition*, bevelled boards, gilt edges, 10s. 6d.

Doré Gallery, The. With 250 Illustrations by GUSTAVE DORÉ. 4to, 42s.

Doré's Dante's Inferno. Illustrated by GUSTAVE DORÉ. *Popular Edition.* With Preface by A. J. BUTLER. Cloth gilt or buckram, 7s. 6d.

Doré's Dante's Purgatory and Paradise. Illustrated by GUSTAVE DORÉ. *Cheap Edition.* 7s. 6d.

Doré's Milton's Paradise Lost. Illustrated by GUSTAVE DORÉ. 4to, 21s.

Dr. Dumány's Wife. A Novel. By MAURUS JÓKAI. *Cheap Edition*, 6s.

Earth, Our, and its Story. Edited by Dr. ROBERT BROWN, F.L.S. With 36 Coloured Plates and 740 Wood Engravings. Complete in Three Vols. 9s. each.

Edinburgh, Old and New, Cassell's. With 600 Illustrations. Three Vols. 9s. each; library binding, £1 10s. the set.

Egypt: Descriptive, Historical, and Picturesque. By Prof. G. EBERS. Translated by CLARA BELL, with Notes by SAMUEL BIRCH, LL.D., &c. Two Vols. 42s.

Electricity, Practical. By Prof. W. E. AYRTON. Illustrated. Cloth, 7s. 6d.

Electricity in the Service of Man. A Popular and Practical Treatise. With upwards of 950 Illustrations. *New and Revised Edition*, 10s. 6d.

Employment for Boys on Leaving School, Guide to. By W. S. BEARD, F.R.G.S. 1s. 6d.

Encyclopædic Dictionary, The. Complete in Fourteen Divisional Vols., 10s. 6d. each; or Seven Vols., half-morocco, 21s. each; half russia, 25s. each.

English History, The Dictionary of. *Cheap Edition*, 10s. 6d.; roxburgh, 15s.

English Literature, Library of. By Prof. HENRY MORLEY. Complete in Five Vols. 7s. 6d each.

VOL. I.—SHORTER ENGLISH POEMS.
VOL. II.—ILLUSTRATIONS OF ENGLISH RELIGION.
VOL. III.—ENGLISH PLAYS.
VOL. IV.—SHORTER WORKS IN ENGLISH PROSE.
VOL. V.—SKETCHES OF LONGER WORKS IN ENGLISH VERSE AND PROSE.

English Literature, Morley's First Sketch of. *Revised Edition*, 7s. 6d.

English Literature, The Dictionary of. By W. DAVENPORT ADAMS. *Cheap Edition*, 7s. 6d.; roxburgh, 10s. 6d.

English Literature, The Story of. By ANNA BUCKLAND. 3s. 6d.

English Writers. By HENRY MORLEY. Vols. I. to VIII. 5s. each.

Æsop's Fables. Illustrated by ERNEST GRISET. *Cheap Edition.* Cloth, 3s. 6d.; bevelled boards, gilt edges, 5s.

Etiquette of Good Society. 1s.; cloth, 1s. 6d.

Eye, Ear, and Throat, The Management of the. 3s. 6d.

Faith Doctor, The. A Novel. By Dr. EDWARD EGGLESTON. 7s. 6d.

Family Physician. By Eminent PHYSICIANS and SURGEONS. *New and Revised Edition.* Cloth, 21s.; roxburgh, 25s.

Father Mathew: His Life and Times. By FRANK J. MATHEW. 2s. 6d.

Father Stafford. By ANTHONY HOPE, Author of "A Man of Mark." 6s.

Fenn, G. Manville, Works by. Boards, 2s. each; or cloth, 2s. 6d.

My Patients.
The Parson o' Dumford. In boards only.
Poverty Corner.
The Vicar's People. In Cloth only.

Field Naturalist's Handbook, The. By Rev. J. G. WOOD & THEODORE WOOD. 5s.

Figuier's Popular Scientific Works. With Several Hundred Illustrations in each. 3s. 6d. each.

The Human Race.
Mammalia.
Ocean World.
The World before the Deluge. Revised Edition.

Figure Painting in Water Colours. With 16 Coloured Plates by BLANCHE MACARTHUR and JENNIE MOORE. With full Instructions. 7s. 6d.

Flora's Feast. A Masque of Flowers. Penned and Pictured by WALTER CRANE. With 40 pages in Colours. 5s.

Flower de Hundred. The Story of a Virginia Plantation. By Mrs. BURTON HARRISON, Author of "The Anglomaniacs," &c. 3s. 6d.

Flower Painting, Elementary. With Eight Coloured Plates. 3s.

Flower Painting in Water Colours. With Coloured Plates. 5s.

Flowers, and How to Paint Them. By MAUD NAFTEL. With Coloured Plates. 5s.

Fossil Reptiles, A History of British. By Sir RICHARD OWEN, K.C.B., F.R.S., &c. With 268 Plates. In Four Vols. £12 12s.

Four Years in Parliament with Hard Labour. By C. W. RADCLIFFE COOKE, M.P. *Third Edition.* 1s.

France as It Is. By ANDRÉ LEBON and PAUL PELET. With Maps. 7s. 6d.

Garden Flowers, Familiar. By SHIRLEY HIBBERD. With Coloured Plates by F. E. HULME, F.L.S. Complete in Five Series. Cloth gilt, 12s. 6d. each.

Gardening, Cassell's Popular. Illustrated. Complete in Four Vols. 5s. each.

Geometrical Drawing for Army Candidates. By H. T. LILLEY, M.A. *New and Enlarged Edition.* 2s. 6d.

Geometry, First Elements of Experimental. By PAUL BERT. 1s. 6d.

Geometry, Practical Solid. By Major ROSS. 2s.

Gilbert, Elizabeth, and her Work for the Blind. By FRANCES MARTIN. 2s. 6d.

Gleanings from Popular Authors. Two Vols. With Original Illustrations 4to, 9s. each. Two Vols. in One, 15s.

Gulliver's Travels. With 88 Engravings. Cloth, 3s. 6d.; cloth gilt, 5s.

Gun and its Development, The. By W. W. GREENER. Illustrated. 10s. 6d.

Guns, Modern Shot. By W. W. GREENER. Illustrated. 5s.

Health at School. By CLEMENT DUKES, M.D., B.S. 7s. 6d.

Health, The Book of. By Eminent Physicians and Surgeons. Cloth, 21s.

Health, The Influence of Clothing on. By F. TREVES, F.R.C.S. 2s.

Heavens, The Story of the. By Sir ROBERT STAWELL BALL, LL.D., F.R.S. With Coloured Plates and Wood Engravings. *Popular Edition*, 12s. 6d.

Heroes of Britain in Peace and War. With 300 Original Illustrations. *Cheap Edition.* Vol. I. 3s. 6d.

Holiday Studies of Wordsworth. By F. A. MALLESON, M.A. 5s.

Hors de Combat; or, Three Weeks in a Hospital. Founded on Facts. By GERTRUDE and ETHEL ARMITAGE SOUTHAM. Illustrated, crown 4to, 5s.

Horse, The Book of the. By SAMUEL SIDNEY. With 28 Fac-simile Coloured Plates. Demy 4to, 35s.; half-morocco, £2 5s.

Houghton, Lord: The Life, Letters, and Friendships of Richard Monckton Milnes, First Lord Houghton. By T. WEMYSS REID. Two Vols., with Portraits, 32s.

Household, Cassell's Book of the. Illustrated. Complete in Four Vols. 5s. each.

How Women may Earn a Living. By MERCY GROGAN. *Cheap Edition*, 6d.

Hygiene and Public Health. By B. ARTHUR WHITELEGGE, M.D. 7s. 6d.

India, Cassell's History of. By JAMES GRANT. With 400 Illustrations. 15s.

In-door Amusements, Card Games, and Fireside Fun, Cassell's Book of. With numerous Illustrations. *Cheap Edition.* Cloth, 2s.

Irish Leagues, The Work of the. The Speech of the Right Hon. Sir HENRY JAMES, Q.C., M.P., Replying in the Parnell Commission Inquiry. 6s.

Irish Parliament, A Miniature History of the. By J. C. HASLAM. 3d.

Irish Union, The: Before and After. By A. K. CONNELL, M.A. 2s. 6d.

"I Saw Three Ships," and other Winter's Tales. By Q, Author of "Dead Man's Rock," &c. Buckram, gilt, 6s.

Italy from the Fall of Napoleon I. in 1815 to 1890. By J. W. PROBYN. *New and Cheaper Edition.* 3s. 6d.

"Japanese" Library, Cassell's. Consisting of 12 Popular Works bound in Japanese style. Covers in water-colour pictures. 1s. 3d. each, net.

Handy Andy. Oliver Twist. Ivanhoe. Ingoldsby Legends. The Last of the Mohicans. The Last Days of Pompeii. The Yellowplush Papers. The Last Days of Palmyra. Jack Hinton the Guardsman. Selections from the Works of Thomas Hood. American Humour. Tower of London.

John Orlebar, Clk. By the Author of "Culmshire Folk." 2s.

John Parmelee's Curse. By JULIAN HAWTHORNE. 2s. 6d.

Kennel Guide, Practical. By Dr. GORDON STABLES. Illustrated. *Cheap Edition*, 1s.

Khiva, A Ride to. By Col. FRED BURNABY. 1s. 6d.

"La Bella," and Others. Being Certain Stories Recollected by EGERTON CASTLE, Author of "Consequences." Buckram, gilt lettered, 6s.

Ladies' Physician, The. By a London Physician. 6s.

Lake Dwellings of Europe. By ROBERT MUNRO, M.D., M.A. Cloth, 31s. 6d.

Law, How to Avoid. By A. J. WILLIAMS, M.P. *Cheap Edition*, 1s.

Legends for Lionel. With Coloured Plates by WALTER CRANE. 5s.

Letts's Diaries and other Time-saving Publications are now published exclusively by CASSELL & COMPANY. (*A List sent post free on application.*)

Life in Our Villages. The Letters of the Special Commissioner of the *Daily News*, descriptive of Village Life in England. Paper, 1s.; or cloth, bevelled boards, 2s.

Little Minister, The. By J. M. BARRIE. In One Vol. 7s. 6d.

Loans Manual. By CHARLES P. COTTON. 5s.

Local Option in Norway. By THOMAS M. WILSON, C.E. 1s.

Locomotive Engine, The Biography of a. By HENRY FRITH. 5s.

London, Greater. By EDWARD WALFORD. Two Vols. With about 400 Illustrations. 9s. each. *Library Edition.* Two Vols. £1 the set.

London, Old and New. By WALTER THORNBURY and EDWARD WALFORD. Six Vols., with about 1,200 Illustrations. Cloth, 9s. each. *Library Edition*, £3.

London Street Arabs. By MRS. H. M. STANLEY (DOROTHY TENNANT). With Pictures printed on a Tint. 5s.

Mechanics, The Practical Dictionary of. Containing 15,000 Drawings. Four Vols. 21s. each.

Medical Handbook of Life Assurance. By JAMES EDWARD POLLOCK, M.D., F.R.C.P., and JAMES CHISHOLM, Fellow of the Institute of Actuaries, London. 7s. 6d.

Medicine, Manuals for Students of. (*A List forwarded post free on application.*)

Metropolitan Year-Book, The, for 1892. Paper, 1s.; cloth, 2s.

Metzerott, Shoemaker. A Socialistic Novel. 5s.

Modern Europe, A History of. By C. A. FYFFE, M.A. Three Vols. 12s. each.

Musical and Dramatic Copyright, The Law of. By EDWARD CUTLER, THOMAS EUSTACE SMITH, and FREDERIC E. WEATHERLY. 3s. 6d.

Music, Illustrated History of. By EMIL NAUMANN. Edited by the Rev. Sir F. A. GORE OUSELEY, Bart. Illustrated. Two Vols. 31s. 6d.

Napier, The Life and Letters of the Rt. Hon. Sir Joseph, Bart., LL.D., D.C.L., M.R.I.A., Ex-Lord Chancellor of Ireland. By ALEX. CHARLES EWALD, F.S.A. *New and Revised Edition.* 7s. 6d.

National Library, Cassell's. In Volumes. Paper Covers, 3d.; cloth, 6d. (*A Complete List of the Volumes post free on application.*)

Natural History, Cassell's Concise. By E. PERCEVAL WRIGHT, M.A., M.D., F.L.S. With several Hundred Illustrations. 7s. 6d.; also kept half-bound.

Natural History, Cassell's New. Edited by Prof. P. MARTIN DUNCAN, M.B., F.R.S., F.G.S. Complete in Six Vols. With about 2,000 Illustrations. Cloth, 9s. each.

Nature's Wonder Workers. By KATE R. LOVELL. Illustrated. 5s.

Naval War, The Last Great. By A. NELSON SEAFORTH. With Maps. 2s.

Navy, Royal, All About the. By W. LAIRD CLOWES. Illustrated. 1s.

Nelson, The Life of. By ROBERT SOUTHEY. Illustrated with Eight Plates. 3s. 6d.

Nursing for the Home and for the Hospital, A Handbook of. By CATHERINE J. WOOD. *Cheap Edition*, 1s. 6d.; cloth, 2s.

Nursing of Sick Children, A Handbook for the. By CATHERINE J. WOOD. 2s. 6d.

Odyssey, The Modern; or, Ulysses up to Date: A Book of Travels. By WYNDHAM F. TUFNELL. Illustrated with thirty-one pictures in Collotype. 10s. 6d.

Orchid Hunter, Travels and Adventures of an. An Account of Canoe and Camp Life in Colombia, while collecting Orchids in the Northern Andes. By ALBERT MILLICAN. Fully Illustrated. 12s. 6d.

Our Own Country. Six Vols. With 1,200 Illustrations. Cloth, 7s. 6d. each.

Painting, The English School of. By ERNEST CHESNEAU. Translated by L. N. ETHERINGTON. With an Introduction by Prof. RUSKIN. *Cheap Edition.* 3s. 6d.

Paxton's Flower Garden. With 100 Coloured Plates. (*Price on application.*)

People I've Smiled With. Recollections of a Merry Little Life. By MARSHALL P. WILDER. 2s.

Peoples of the World, The. By Dr. ROBERT BROWN. Complete in Six Volumes. With Illustrations. 7s. 6d. each.

Phillips, Watts. Artist and Playwright. By Miss E. WATTS PHILLIPS. With 32 Plates. 10s. 6d.

Photography for Amateurs. By T. C. HEPWORTH. *Enlarged and Revised Edition.* Illustrated, 1s.; or cloth, 1s. 6d.

Phrase and Fable, Dictionary of. By the Rev. Dr. BREWER. *Cheap Edition, Enlarged*, cloth, 3s. 6d.; or with leather back, 4s. 6d.

Picturesque America. Complete in Four Vols., with 48 Exquisite Steel Plates, and about 800 Original Wood Engravings. £2 2s. each.

Picturesque Australasia, Cassell's. With upwards of 1,000 Illustrations. Complete in Four Vols. 7s. 6d. each.

Picturesque Canada. With about 600 Original Illustrations. Two Vols. £3 3s. each.

Picturesque Europe. Complete in Five Vols. Each containing 13 Exquisite Steel Plates, from Original Drawings, and nearly 200 Original Illustrations. £21; half-morocco, £31 10s.; morocco gilt, £52 10s. *Popular Edition.* In Five Vols. 18s. each.

Picturesque Mediterranean, The. With a Series of Magnificent Illustrations from Original Designs by leading Artists of the day. Two Vols. Cloth, £2 2s. each.

Pigeon Keeper, The Practical. By LEWIS WRIGHT. Illustrated. 3s. 6d.

Pigeons, The Book of. By ROBERT FULTON. Edited by LEWIS WRIGHT. With 50 Coloured Plates and numerous Wood Engravings. 31s. 6d.; half-morocco, £2 2s.

Poems, Aubrey de Vere's. A Selection. Edited by JOHN DENNIS. 3s. 6d.

Poets, Cassell's Miniature Library of the. Price 1s. each Vol.

Political Questions of the Day, A Manual of. By SYDNEY BUXTON, M.P. *New and Enlarged Edition.* Paper Covers, 1s.; or cloth, 1s. 6d.

Polytechnic Series, The. Practical Illustrated Manuals specially prepared for Students of the Polytechnic Institute, and suitable for the Use of all Students.

- **Forty Lessons in Carpentry Workshop Practice.** 1s.
- **Practical Plane and Solid Geometry, including Graphic Arithmetic. Vol. I.** ELEMENTARY STAGE. 3s.
- **Forty Lessons in Engineering Workshop Practice.** 1s. 6d.
- **Technical Scales.** Set of Ten in cloth case, 1s. Also on celluloid (in case), 10s. 6d. the set.
- **Elementary Chemistry for Science Schools and Classes.** 1s. 6d.
- **Building Construction Plates.** A Series of 40 Drawings. Cloth, 10s. 6d.; or copies of any plate may be obtained in quantities of not less than one dozen, price 1s. 6d. per dozen.

Portrait Gallery, The Cabinet. *First and Second Series*, each containing 36 Cabinet Photographs of Eminent Men and Women of the day. With Biographical Sketches. 15s. each.

Poultry Keeper, The Practical. By LEWIS WRIGHT. Illustrated. 3s. 6d.

Poultry, The Book of. By LEWIS WRIGHT. *Popular Edition.* Illustrated. 10s. 6d.

Poultry, The Illustrated Book of. By LEWIS WRIGHT. With Fifty Exquisite Coloured Plates, and numerous Wood Engravings. *Revised Edition.* Cloth, 31s. 6d.

Public Libraries, Free. *New and Enlarged Edition.* By THOMAS GREENWOOD, Author of "Museums and Art Galleries." Illustrated. 2s. 6d.

Queen Summer; or, The Tourney of the Lily and the Rose. Penned and Portrayed by WALTER CRANE. With 40 pages in Colours. 6s.

Queen Victoria, The Life and Times of. By ROBERT WILSON. Complete in 2 Vols. With numerous Illustrations. 9s. each.

Rabbit-Keeper, The Practical. By CUNICULUS. Illustrated. 3s. 6d.

Raffles Haw, The Doings of. By A. CONAN DOYLE, Author of "Micah Clarke," &c. Antique paper, cloth gilt, 5s.

Railway Guides, Official Illustrated. With Illustrations on nearly every page. Maps, &c. Paper covers, 1s.; cloth, 2s.

Great Eastern Railway.
Great Northern Railway.
Great Western Railway.
London, Brighton, and South Coast Railway.
London and North Western Railway.
London and South Western Railway.
Midland Railway.
South Eastern Railway.

Railway Library, Cassell's. Crown 8vo, boards, 2s. each.

The Astonishing History of Troy Town. By Q.
The Admirable Lady Biddy Fane. By Frank Barrett.
Commodore Junk. By G. Manville Fenn.
St. Cuthbert's Tower. By Florence Warden.
The Man with a Thumb. By W. C. Hudson (Barclay North).
By Right Not Law. By R. Sherard.
Within Sound of the Weir. By Thomas St. E. Hake.
Under a Strange Mask. By Frank Barrett.
The Coombsberrow Mystery. By J. Colwall.
Dead Man's Rock. By Q.
A Queer Race. By W. Westall.
Captain Trafalgar. By Westall and Laurie.
The Phantom City. By W. Westall.
Jack Gordon, Knight Errant. By W. C. Hudson (Barclay North).
The Diamond Button: Whose Was It? By W. C. Hudson (Barclay North).
Another's Crime. By Julian Hawthorne.
The Yoke of the Thorah. By Sidney Luska.
Who is John Noman? By C. Henry Beckett.
The Tragedy of Brinkwater. By Martha L. Moodey.
An American Penman. By Julian Hawthorne.
Section 558; or, The Fatal Letter. By Julian Hawthorne.
The Brown Stone Boy. By W. H. Bishop.
A Tragic Mystery. By Julian Hawthorne.
The Great Bank Robbery. By Julian Hawthorne.

Redgrave, Richard, C.B., R.A. Memoir. By F. M. REDGRAVE. 10s. 6d.

Richard, Henry, M.P. A Biography. By CHARLES MIALL. With Portrait. 7s. 6d.

Rivers of Great Britain: Descriptive, Historical, Pictorial.

The Royal River: The Thames from Source to Sea. With Several Hundred Original Illustrations. *Original Edition*, £2 2s. *Popular Edition*, 16s.
Rivers of the East Coast. With numerous highly finished Engravings, with Etching as Frontispiece, 42s.

Robinson Crusoe. *Cassell's New Fine-Art Edition.* With upwards of 100 Original Illustrations. 7s. 6d.

Ronner, Mme. Henriette, The Painter of Cat Life and Cat Character. Containing a Portrait and Twelve Full-Page Illustrations in Photogravure and Sixteen Typogravures. The text by M. H. SPIELMANN. 4to Edition with Photogravures on India paper, £2 10s.; Folio Edition, £3 10s.

Rossetti, Dante Gabriel, as Designer and Writer. Notes by WILLIAM MICHAEL ROSSETTI. 7s. 6d.

Russia, Through, on a Mustang. By THOMAS STEVENS. 7s. 6d.

Russo-Turkish War, Cassell's History of. With about 500 Illustrations. Two Vols., 9s. each; library binding, One Vol., 15s.

Sanitary Institutions, English. By Sir JOHN SIMON, K.C.B., F.R.S. 18s.

Saturday Journal, Cassell's. Illustrated throughout. Yearly Volume, 7s. 6d.

Science for All. Edited by Dr. ROBERT BROWN, M.A., F.L.S., &c. *Revised Edition.* With 1,500 Illustrations. Five Vols. 9s. each.

Science, Year Book of, The, for 1892. Edited by Rev. Professor BONNEY, F.R.S. 7s. 6d.

Sea, The: its Stirring Story of Adventure, Peril, and Heroism. By F. WHYMPER. With 400 Illustrations. Four Vols. 7s. 6d. each.

Secret of the Lamas, The. A Tale of Thibet. Crown 8vo, 5s.

Sent Back by the Angels; and other Ballads of Home and Homely Life. By FREDERICK LANGBRIDGE, M.A. *Popular Edition*, 1s.

Shaftesbury, The Seventh Earl of, K.G., The Life and Work of. By EDWIN HODDER. With Portraits. Three Vols., 36s. *Popular Edition*, in One Vol., 7s. 6d.

Shakespeare, Cassell's Quarto Edition. Edited by CHARLES and MARY COWDEN CLARKE, and containing about 600 Illustrations by H. C. SELOUS. Complete in Three Vols., cloth gilt, £3 3s.—Also published in Three separate Volumes, in cloth, viz.:—The COMEDIES, 21s.; The HISTORICAL PLAYS, 18s. 6d.; The TRAGEDIES, 25s.

RECORD OF TREATMENT, EXTRACTION, REPAIR, etc.

Pressmark:

Binding Ref No: 1611

Microfilm No:

Date	Particulars
28/10/96	Chemical Treatment
	Fumigation
	Deacidification Spray (PTDA)
	Lamination
	Solvents
	Leather Treatment
	Adhesives
	Remarks

A Singer's Wife. By
The Poet's Audience, and Delilah. By CLARA
Tot Book for all Public Examinations. By W. S. THOMSON, M.A. 1s.
"Treasure Island" Series, The. *Cheap Illustrated Edition.* Cloth, 3s. 6d. each.
King Solomon's Mines. By H. RIDER HAGGARD.
Kidnapped. By ROBERT LOUIS STEVENSON.
Treasure Island. By ROBERT LOUIS STEVENSON.
The Splendid Spur. By Q.
The Master of Ballantrae. By ROBERT LOUIS STEVENSON.
The Black Arrow: A Tale of the Two Roses. By ROBERT LOUIS STEVENSON.

BOVRIL

IS THE

GUARANTEED PRODUCT

OF

PRIME OX BEEF.



When used in the preparation of Soups, Gravies, Entrées, &c.,

ECONOMIC AND APPETISING COOKERY

is absolutely certain.

BOVRIL is 50 TIMES more Nourishing than ordinary Meat Extract or home-made Beef Tea.